



GIISHKAANDAGO'IKWE

HEALTH SERVICES

CLIENT RESOURCE BOOKLET



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ABOUT

Giishkaandago'lkwe Health Services (formerly, Fort Frances Tribal Area Health Services) is a multi-faceted, accredited organization with a diversity of programs and is a leader in innovative wholistic services that promote a bi-cultural approach to health and wellness. Giishkaandago'lkwe Health Services is governed by the 10 Anishinaabeg Communities of Southern Treaty 3, partners and funders to improve the health and wellness of the communities it serves.

OUR MANDATE

To provide the highest quality wholistic health services to our Anishinaabe.

OUR VISION & MISSION

MINO AYAWIN - GOOD HEALTH

We are a leader in innovative health care guided by the Grandmother and Grandfather teachings of the Anishinaabeg inspiring knowledge, strength and empowerment for the purpose of lifelong Mino ayawin (good health).



CORE VALUES



DABASENDIZOWIN

Humility



NIBWAAKAAWIN

Wisdom



DEBWEWIN

Truth



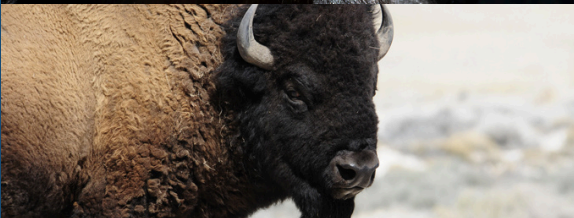
ZAAGI'IDIWIN

Love



ZOONGIDE'EWIN

Bravery



MANAAJI'IDIWIN

Respect



GWEKAADIZIWIN

Honesty



BOONENDAMOWIN

Forgiveness

GOVERNANCE & SERVICES

Governed by the following 10 Anishinaabeg Communities of Southern Treaty 3 in Northwestern Ontario:

- Mishkosiminiziibiing First Nation
- Couchiching First Nation
- Chima'aganing First Nation
- Mitaanjigamiing First Nation
- Gakijiwanong Anishinaabe Nation
- Naicatchewenin First Nation
- Ojibways of Onigaming First Nation
- Nigigoonsiminikaaning First Nation
- Manidoo Baa Witi Gong First Nations
- Anishinaabeg of Naongashiing

Our teams are dedicated to providing support with a wholistic approach to health and wellness including the following services:

- Mental Health Services
- Social Emergencies
- Mino Ayaa Ta Win Healing Centre
- Child's First Initiative
- Children's Oral Health Initiative
- Indigenous Midwifery
- Canada Prenatal Nutrition Program
- Community Health
- Environmental Public Health
- Diabetes & Foot Care
- Home & Community Care
- Administration

If you have any questions or concerns regarding your care or the services offered by Giishkaandago'lkwe Health Services please contact us at **1-807-274-2042**





GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

BEHAVIOURAL HEALTH SERVICES

The Behavioural Health Services team provides mental health and addiction support for members of 10 Anishinaabeg Communities of Southern Treaty 3.

SERVICES INCLUDE:

- Urgent Mental Health Support
- On-Going Mental Health Counselling
- Land-Based Healing
- Cultural and Community Support
- Rapid Access Addiction Medicine Clinics
- Bed Based Treatment
- Withdrawal Management Services

PROGRAMS & SUPPORT:

- Mental Health Counselling
- Mental Health Case Management
- Cultural Community Support
- Shkaabewiz
- Land Based Program
- Social Emergencies
- Memengwaawag Program
- Mental Wellness Program
- Mobile Crisis Response
- Training & Development
- Mino Ayaa Ta Win Healing Centre





MENTAL HEALTH COUNSELLING

Behavioural Health Services offers mental health counselling services that are available for trauma-informed, one to one, couples or family support services for ages 18+.

Grief & loss, relationship struggles, codependency, anger management, caregiving struggles, trauma & abuse are just a few concerns that can be of focus in counselling sessions.

Once an intake is completed, counsellors are assigned. The counsellor will arrange to meet with you in person or via telephone. Should urgent support be required please contact our Mental Health Direct phone line.

SERVICES PROVIDED

- Individual, Couple and Family Counselling
- Trauma Informed and Bi-culture Therapeutic Best Practice
- Counselling plans to address concerns such as:
 - anxiety,
 - depression,
 - trauma,
 - grief,
 - eating disorders,
 - addictions and more.

ACCESSING OUR SERVICES

For more information,
please call: **(807) 274-2042**
Mon – Thurs 8:30 am – 4:30 pm
Fri 8:30 am – 4:00 pm

To make a referral, call:
(807) 274-2042, ex 4238
Refer by Fax: **(807) 274-1010**

You are not alone

Counsellors are available for same day services



MENTAL HEALTH CLINICAL CASE MANAGEMENT

Under the Mental Health Services department we have a Clinical Case Management program. Through the initial intake process or throughout counselling an individual may be identified as benefiting from case management support services.

The Clinical Case Manager will meet with individuals to identify needs and can work to support referrals for other resources and navigation of various health care needs.

SERVICES PROVIDED

- support with both internal and external referrals
- advocacy and support with navigating health care needs
- applications to housing, residential care, treatment, employment, etc.
- support with legal matters and court processes

ACCESSING OUR SERVICES

For more information,
please call: **(807) 274-2042**
Mon – Thurs 8:30 am – 4:30 pm
Fri 8:30 am – 4:00 pm

To make a referral, call:
(807) 274-2042, ex 4238
Refer by Fax: **(807) 274-1010**





CULTURAL COMMUNITY SUPPORT

Our Cultural and Community Support worker provides traditional counselling services and facilitates linkages for clients wishing to connect with community Elders and Knowledge Keepers.

See our Facebook Page or our Event Calendar for updated programming:

<https://www.fftahs.com/events-calendars>



SHKAABEWIZ

Our Shkaabewiz (Firekeeper) supports our Cultural Community Support Program by helping with the preparation of ceremonies and ensures the sacred fire is taken care of. Our Shkaabewiz ensures we have adequate supplies and that our lodge and sacred ceremony areas are maintained.



Our existence is our resistance

CULTURAL SERVICES PROVIDED

- This service provides healing opportunities for clients and community members who wish to use Anishinaabeg healing methods in their care. Some ceremonies that are planned on a regular basis include:
 - drumming,
 - sweat lodge,
 - fasting,
 - traditional teachings, and
 - medicine harvesting.

SHKAABEWIZ SERVICES PROVIDED

- helping with the coordination and preparation of ceremony
- cleaning up and organizing lodge areas
- ensuring we have adequate program supplies (wood, rocks, etc.)
- firekeeping and supporting Shkaabewiz teachings

ACCESSING OUR SERVICES

For more information,
please call: **(807) 274-2042**
Our Mental Health
Direct Line: **(807) 271-0212**
To make a referral, call:
(807) 274-2042, ex 4238
Refer by Fax: **(807) 274-1010**

We are still here and will continue to be here. We are reclaiming and with each generation, we are getting stronger.



LAND BASED PROGRAM

The land based program is available to the 10 Anishinaabeg Communities of Southern Treaty 3 and offers a wide range of support services that are culturally safe and promote re-connection to the land.

ACTIVITY EXAMPLES

Medicine walks, wild-ricing, birch bark harvesting, language tables, berry picking, snaring, maple sap harvesting, canoeing, sharing circles, full moon ceremony, men's and women's teachings and linkages to traditional healers and elders.

WHO IS ELIGIBLE?

- All individuals across the lifespan
- Individuals, Families, and Communities

SERVICES PROVIDED

- Community Land Based Programming
- Seasonal Workshops & Activities
- Coordination of Traditional Teachings & Ceremony

ACCESSING OUR SERVICES

For more information, please call:

1-807-274-2042

Mon – Thurs: 8:30 am to 4:30 pm

Fri: 8:30 am to 4:00 pm

See our Facebook Page or our Event Calendar for updated programming:

<https://www.fftahs.com/events-calendars>



When we take the opportunity

to learn and share teachings, we honour our responsibilities in keeping the creative and artistic traditions of the nation alive.

SOCIAL EMERGENCIES

The Social Emergencies Coordinator works with the 10 Anishinaabeg Communities of Southern Treaty 3 to respond to social emergencies through all five pillars of emergency management; prevention, mitigation, preparedness, response, and recovery.

The program works with the communities to assist with the coordination of response during social emergency crisis events. This program offers training and educational opportunities to enhance emergency response capacity within the communities along with the resources that may be needed in crisis events.

WHO IS ELIGIBLE?

We service the following communities:

- Mishkosiminiziibiing First Nation
- Couchiching First Nation
- Chima'aganing First Nation
- Mitaanjigamiing First Nation
- Gakjiwanong Anishinaabe Nation
- Naicatchewenin First Nation
- Ojibways of Onigaming First Nation
- Nigigoonsiminikaaning First Nation
- Manidoo Baa Witi Gong First Nations
- Anishinaabeg of Naongashiing

SERVICES PROVIDED

- Provide support and assistance on the development and maintenance of community emergency response plans
- Assist Anishinaabeg communities when responding to social emergency events
- Collaborate with existing programs and services to support joint priorities as it relates to Emergencies Management

ACCESSING OUR SERVICES

For more information,
Social Emergencies Coordinator
(807) 274-2042 ext. 4254
Or **(807) 271-3104**



Social Emergency definition "An event or situation which carries risks to human health/life, mental wellness, or to the social fabric and well-being of the community. It exceeds the resources and capacities of a community, and requires the immediate response and support of governments, external agencies, and service providers."



MEMENGWAAWAG PROGRAM

Butterflies Program

The butterfly represents hope, new life and endurance.

Indigenous women, girls and members of the 2SLGBTQIA+ community are disproportionately represented in gender based violence across Canada.

The MMIWG inquest confirms discrimination against Indigenous Peoples as a root cause.

This program is rooted in wholistic care models to provide human trafficking and violence prevention, intervention and recovery services.

WHO IS ELIGIBLE?

One to One Support :

- Everyone age 16+

Workshops & Community Engagement :

- Everyone, All Ages

SERVICES PROVIDED

- One to One Outreach Wellness Support and Case Management
- Community Engagement & Wrap Around Services
- Connection to Traditional Cultural Healing Opportunities and Elders
- Prevention Presentations and Educational Workshops

ACCESSING OUR SERVICES

For more information, please call: **(807) 274-2042**

Mon – Thurs 8:30 am – 4:30 pm

Fri 8:30 am – 4:00 pm

To make a referral, call:

(807) 274-2042, ex 4238

Refer by Fax: **(807) 274-1010**





MENTAL WELLNESS PROGRAM

Our Mental Wellness team responds directly to social community crisis for the 10 Southern Treaty Three area. They prioritize social community crisis prevention, intervention and recovery from a wholistic and trauma informed approach.

WHO IS ELIGIBLE?

- All individuals across the lifespan
- Individuals, Families, and Communities

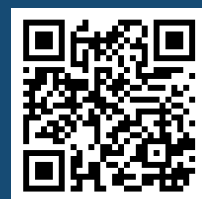


SERVICES PROVIDED

- Traditional Parenting Workshops
- Crisis Response
- Partnering with Community Workers
- Coordinating Wellness Projects
- Land Based Teachings & Healing
- Sharing Circles
- Youth Leadership Programs

ACCESSING OUR SERVICES

For more information, please call: **(807) 274-2042**
Mon - Thurs: 8:30 am to 4:30 pm
Fri: 8:30 am to 4:00 pm
See our Facebook Page or our Event Calendar for updated programming:
<https://www.fftahs.com/events-calendars>





MOBILE CRISIS RESPONSE

The Mobile Crisis Response Worker, works in collaboration with Treaty Three Police services to resolve immediate crisis, provide stabilization and facilitate safe transfers between various required services.

This position is located at Treaty 3 Police Services and will respond to mental health and addiction related calls in 9 of the Anishinaabeg Communities of Southern Treaty 3.

SERVICES PROVIDED

- Provides immediate crisis response to individuals
- Assess and provides initial triage for individuals in crisis
- Completes referrals and follow up for individuals
- Develops safety plans

ACCESSING OUR SERVICES

Treaty 3 Police assesses calls and contacts the Mobile Crisis Response Worker.

For more information, please call: **(807) 274-2042**



TRAINING & DEVELOPMENT

The Mental Wellness Training and Development Coordinator coordinates and delivers comprehensive training programs to the 10 Anishinaabe Communities we serve, to promote community wellness and build community capacity to respond to the emerging health and social related concerns.

WHO IS ELIGIBLE?

We service the following communities:

- Mishkosiminiziibiing First Nation
- Couchiching First Nation
- Chima'aganing First Nation
- Mitaanjigamiing First Nation
- Gakijiwanong Anishinaabe Nation
- Naicatchewenin First Nation
- Ojibways of Onigaming First Nation
- Nigigoonsiminikaaning First Nation
- Manidoo Baa Witi Gong First Nations
- Anishinaabeg of Naongashiing

SERVICES PROVIDED

- Plans, develops and coordinates training programs based on individualized community needs
- Provides opportunities for capacity building workshops and engagements
- Offers free Mental Health First Aid, First Aid & CPR, Trauma Informed Care, Applied Suicide Intervention Skills Training within the 10 southern treaty three Anishinaabeg communities

ACCESSING OUR SERVICES

For more information,
Training & Development
Coordinator
(807) 271-3783



MINO AYAA TA WIN HEALING CENTRE

The Mino Ayaa Ta Win Healing centre provides a comprehensive bed-based treatment program and withdrawal management services (WMS) for individuals interested in bi-cultural services and interventions to address substance use disorders, personal history of abuse & trauma, grief & loss, relationship issues, emotional dysregulation and more.

WHO IS ELIGIBLE?

All potential clients must demonstrate a willingness to participate in the healing process and desire to address the challenges he, she, or they are having with substance misuse. Members from the 10 Anishinaabeg communities that mandate Giishkaandago'lkwe Health Services will have first priority for admission into the Mino Ayaa Ta Win Healing Centre, followed by members of the Rainy River District and then other areas/districts/provinces.



MINO AYAA TA WIN HEALING CENTRE

RESIDENTIAL BED-BASED TREATMENT

The Mino Ayaa Ta Win Healing centre offers a 56 day bed-based program for individuals seeking intensive treatment for an addiction. The program utilizes a bi-cultural approach, integrating Anishinaabe ways of knowing with wise practices in addictions treatment. The Grandmother and Grandfather teachings of the Anishinaabeg are the foundation of the work we do at Mino Ayaa Ta Win. We strive to offer numerous opportunities and activities for individuals to develop a positive sense of Anishinaabe identity, along with the self-awareness, inner strength, and courage needed to rebuild one's life.

WHO IS ELIGIBLE?

The Mino Ayaa Ta Win Healing Centre is open to individuals that are aged 18+, willing to participate in a program, completed a detox program, has plans to complete a detox program prior or has been without substances for 14 days, accept opioid antagonistic treatment therapy. Individuals registered to any of the 10 Anishinaabeg Communities of Southern Treaty 3 served by Giishkaandago'lkwe will have first priority for admission into the Mino Ayaa Ta Win Healing Centre, followed by members of the Rainy River District and then other areas/districts/provinces.

SERVICES PROVIDED

- Daily sharing circles and group programming
- Weekly Sweatlodge ceremonies
- Seasonal land based activities such as harvesting wild rice, tapping for maple sap, ice fishing etc
- Cultural activities including sewing, beading, leatherwork etc
- Leisure and recreation opportunities
- Self-help meetings

ACCESSING OUR SERVICES

Referrals are welcomed by:

- Self
- Family Members
- Other Service Providers

For more information or to make a referral please call: **(807) 274-2042 ext 6232**

MINO AYAA TA WIN HEALING CENTRE

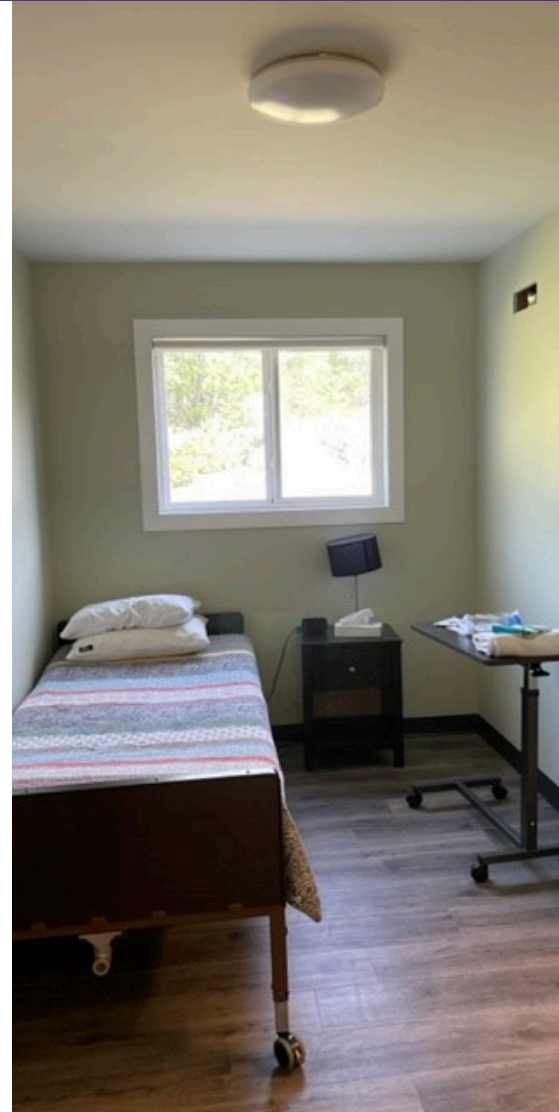
WITHDRAWAL MANAGEMENT SERVICES

Our withdrawal management program is a bi-cultural medically supervised inpatient addiction detoxification service for those wishing to have medical supports in their care.

- medically supervised withdrawal management from alcohol and drugs
- case management
- treatment referrals
- safekeeping for individuals awaiting treatment
- peer support

WHO IS ELIGIBLE?

Anyone over the age of 18 years who is experiencing substance use issues and is seeking access to medically supervised withdrawal from alcohol or drugs.



ACCESSING OUR SERVICES

Referrals are welcomed by:

- Self
- Family Members
- Other Service Providers

For more information,
please call: **(807) 274-7373**

To make a referral, call:
(807) 274-2042 ext. 6225



MINO AYAA TA WIN HEALING CENTRE

COMMUNITY RAPID ACCESS TO ADDICTIONS MEDICINE (RAAM)

We provide client centered, trauma informed healing environment with fast access to medication assisted therapy for alcohol and opioid use disorders. Counseling and peer support services are offered to those with stimulant use disorder.

WHO IS ELIGIBLE?

Anyone 16 years and older who is experiencing substance use issues and is seeking access to medical addiction care, counselling or support can access our Community RAAM services. A Community Addictions Nurse travels to each of the 10 communities mandated by Giishkaandago'lkwe Health Services.



SERVICES PROVIDED

- Evidence based addiction medicine
- Nursing Services
- Counselling Services
- Peer Support Services
- Medication administration
- Medical Doctor / Nurse Practitioner assessment

ACCESSING OUR SERVICES

For more information,
please call:
(807) 274-2042 ext. 6230
or text/call **(807) 789-2025**
Community Addictions Nurse:
(807) 274-2042 ext. 6233
www.nworaam.ca



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

CHILDREN'S SERVICES & PUBLIC HEALTH

CHILD'S FIRST INITIATIVE

MATERNAL CHILD HEALTH

- Children's Oral Health Initiative
- Indigenous Midwifery
- Canada Prenatal Nutrition Program

PUBLIC HEALTH

- Community Health Nursing
- Environmental Public Health



CHILD'S FIRST INITIATIVE (CFI)

The Child's First Initiative (CFI) is a culturally grounded and community based program offering a range of assessment, treatment and support services through a multi-disciplinary team approach.

Services are provided at home, school, in the community, or wherever best meets the needs of the child and family.

We are committed to ensuring the child and family are at the center of everything we do. We work with families to build health, education, social and cultural supports tailored to the child's needs that can grow with them as they change and develop. We work with children and youth at all stages of their development — from the very young right through to their transition into adulthood.



ACCESSING OUR SERVICES

The CFI program accepts referrals from anyone and Case Managers are available to answer questions related to services.

For more information, please call: **(807) 274-2042**

To make a referral, please call: **(807) 274-2042 ext 5221**

Refer by Fax: **(807) 274-2528**

Canada operates a national toll-free Jordan's Principle line that anyone can contact to make an individual application.

Please call:

1-855-JP Child or **1-855-572-4453**

This phone line is open 24 hours/day,
7 days per week.



CFI SERVICES PROVIDED

Family Navigator / Case Manager

As the first point of access for CFI, these team members oversee all aspects of case management services including advocacy, service referrals, applications, system navigation, and the development of individual care plans.

Infant Child Family Navigator / Case Manager

Coordinate and oversee all aspects of case management services outlined above specifically for children 0–6 years old. Families are offered an initial developmental assessment for infants and children that further guides referrals to internal and external service providers based on the child's unique needs.

ABA / Behavioural Consultant

Works with the family to support behaviour at home, school and in the community. Positive reinforcement techniques are used to increase appropriate behaviours.

Children's Mental Health Therapist (CMHT)

The CMHT focuses on enhancing the mental health and well-being of children, youth and families by weaving psychotherapy, play therapy, and art therapy alongside Indigenous informed approaches to health. The CMHT will collaborate to develop mental health services that are unique to the needs of the communities and families served.

Communication Assistant (CA)

Working under the direction of the Speech Language Pathologist SLP, the CA provides articulation and language intervention and supports to preschool and school aged children.

Community Resource Worker (CRW)

The CRW provides community based supports and programs focusing on infant, children, and youth. They work with families and community partners to meet the needs of all children.

CFI SERVICES PROVIDED (CON'T)

Cultural Support Worker

Delivery, coordination, and support for culturally based traditional Anishinaabe approaches to well-being for children and families.

Dietitian

Our Dietitian can provide support related to diet, food, and nutrition based on a child's unique needs, providing guidance, education, and recommendations.

Occupational Therapist (OT)

A child's main job is playing and learning. Occupational Therapists evaluate children's skills for playing, school performance and daily activities. The OT then works with the child, family members, caregivers and teachers to enhance their ability to participate in meaningful activities by teaching new skills, modifying environments and adapting the activity to meet their needs.

Occupational Therapy / Physiotherapy Assistant

Working under the direction of the Occupational Therapist (OT) and/or Physiotherapist (PT) Assistant offers programming for children that focuses on self-care, well-being, occupation, play, leisure, function and mobility.

Physiotherapist (PT)

The PT works to help children achieve their maximum physical potential, improve their ability to participate in all aspects of their daily lives and improve quality of life using play based strengthening, stretching, and endurance activities.

Speech-Language Pathologist (SLP)

The SLP provides screening, assessment, treatment, education and support in the areas of speech, language, voice, fluency (stuttering), swallowing and feeding problems. Early identification, treatment, and prevention of these disorders is important, as the ability to communicate effectively with others is the very foundation of a child's social, emotional and educational development.

Adult Transitions Navigator

The Adult Transitions Navigator provides transition support to clients and families of the Child's First Initiative program to identify, access, and navigate the adult service systems relevant to their needs. The navigator is the supportive link that ensures a full continuum of care to our clients.

CHILDREN'S ORAL HEALTH INITIATIVE (COHI)

COHI is a community driven early childhood caries prevention and dental education program that strives to improve and promote optimal oral and overall health utilizing a culturally safe and trauma informed care approach. Our Registered Dental Hygienists and a community-based COHI Aide deliver the program in the 10 Anishinaabeg Communities of Southern Treaty 3 Territory.

The COHI Aide is a community member hired by the community to support the dental professional and provides some COHI services independently.

SERVICES PROVIDED

- Dental Screenings
- Fluoride Varnish Applications
- Dental Sealants
- Dental Cleanings
- Temporary Fillings
- Silver Diamine Fluoride
- Prenatal Oral Health Education & Dental Screening for Expectant Mothers
- School and Classroom Presentations and Education
- Dental Referrals



CHILDREN'S ORAL HEALTH INITIATIVE (COHI)

Who is Eligible

- Children aged 0–7+ years of age living in one of the following Anishinaabeg communities: Mishkosiminziibiing First Nation, Couchiching First Nation, Chima'aganing First Nation, Mitaanjigamiing First Nation, Gakijiwanong Anishinaabe Nation, Naicatchewenin First Nation, Ojibways of Onigaming First Nation, Nigigoonsiminikaaning First Nation, Manidoo Baa Witi Gong First Nation, Anishinaabeg of Naongashiing
- Children up to grade eight living on reserves and attending Mikinaak Onigaming, Pegamigaabo, and Gakijiwanong Anishinaabe Nation schools. Expanded age of eligibility services may also be available upon request for children residing within the Anishinaabeg communities of the Giishkaandago'lkwe Health Services catchment area
- The age of the child on September 1st determines eligibility. Children who turn eight within the school year can continue to receive COHI services until the end of the COHI year. Requests for services above the age of eligibility also considered upon request if unmet dental need is determined.
- Parents, caregivers of eligible children (educational support)
- Pregnant women

ACCESSING OUR SERVICES

For more information,
please call: **(807) 274-2042**
To make a referral,
please call: **(807) 274-2042 ext 5253**
Or call the COHI
cell phone: **(807) 271-1652**
Refer by Fax: **(807) 274-1064**



COHI SERVICES PROVIDED

Dental Screenings

A COHI professional checks the health of the child's teeth, gums, and mouth.

BENEFITS:

A fun gentle way for children to be introduced to oral health care, identifies if a child needs to see a dentist for immediate oral health care.

Fluoride Varnish Applications

A protective coating that is painted on a child's teeth to make the enamel stronger. It helps to prevent new cavities from forming and may slow or stop existing decay from getting worse.

BENEFITS:

Helps prevent cavities, quick and easy to apply, safe to use with young children and pleasant tasting.

Dental Cleanings

The removal of plaque and tarter buildup from teeth to help keep teeth and gums healthy.

BENEFITS:

Removal of potentially harmful oral bacteria in an effort to prevent tooth decay, gingivitis, bad breath, and promote good oral health for overall health.

Silver Diamine Fluoride

Silver Diamine Fluoride (SDF) is a liquid made up of flouride and silver particles that is applied directly to cavities with a small brush. It stops cavities from growing by making the tooth harder and limited the growth of the bacteria that cause tooth decay.

BENEFITS:

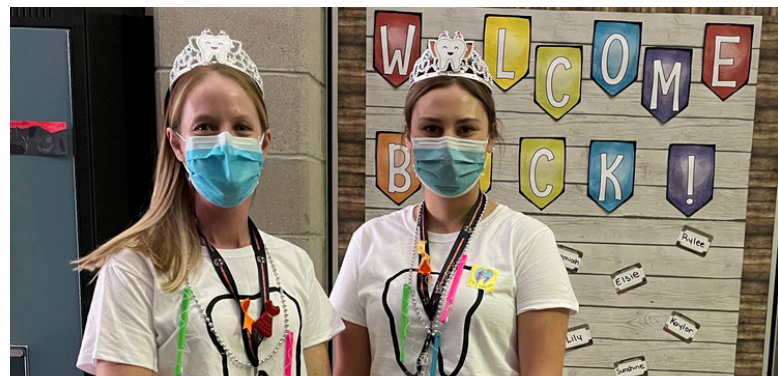
Arrests the progress of an already formed cavity. Quick, painless, no freezing needed. May reduce pain and sensitivity, and help avoid more invasive treatment. Over 80% effective when applied twice a year.

Dental Sealants

Dental sealants are thin, protective coatings that are applied to the chewing surfaces of back teeth. They fill the grooves and pits on these surfaces, making it harder for bacteria and food particles to get trapped and cause tooth decay.

BENEFITS:

Create a protective barrier on teeth, effective in helping to prevent tooth decay, and are easy to apply.



COHI SERVICES PROVIDED (CON'T)

Temporary Fillings

Small temporary fillings which do not require freezing that are applied to teeth that have cavities.

BENEFITS:

Stop teeth from decaying further until client can see a dentist for permanent treatment.

Prenatal Oral Health Education

- Coordination of prenatal health sessions with Community Health Nurse and COHI Aide.
- Promotion of good oral health practices to include promotion of oral health visit during pregnancy, oral hygiene instruction, and other information relevant to trimester.
- Provision of oral screening if requested.
- Referral for oral health services as needed.
- Provide information on oral bacterial transmission, prevention of delivery of low birth weight babies as a result of poor oral health, and promotion of breast feeding and other healthy eating practices.
- Introduction to oral hygiene for baby.
- Information on bottles, pacifiers, and teething.

School and Classroom Presentations and Education

- We bring fun and engaging presentations that cover a variety of oral health related topics into the classroom.
- Presentations include game based and experimental learning, oral health themed songs and activities.
- Incorporation of Anishinaabemowin language and culture.
- Brushing and flossing oral hygiene demonstrations.
- Classroom discussions to promote oral health for overall health.
- School based oral health education interventions have been shown to have positive impacts on behavioural outcomes among children.



INDIGENOUS MIDWIFERY PROGRAM

Indigenous Midwifery care supports Anishinaabe families through all aspects of birth, while honouring language, culture and traditions.

Holistic family support is provided throughout pregnancy and postpartum, including but not limited to:

- Prenatal and postpartum supports including visits, labour assessments and stimulation, assisted births, postpartum checks, newborn assessments, breast/chest feeding assistance, well-baby visits and referrals
- Ceremony and Rites of Passage
- Traditional Medicine
- Individual and group based education such as Prenatal Education, Traditional Parenting, Traditional Roles, Tiikinagan, Moss Bag Teachings and much more
- Building birth bundles and teachings

WHO IS ELIGIBLE?

Anishinaabe Families residing in 10 Anishinaabeg Communities of Southern Treaty 3 served by Gishkaandago'lkwe Health Services.

SERVICES PROVIDED

Services provided by Elder Midwife, Elaine Ross, Anishinaabe'kwe, Nootinay azshik Atik Dodem, Northwest Angle #33

ACCESSING OUR SERVICES

For more information, or to make a referral or request for service, please call: **(807)274-2042** and ask to speak to Indigenous Midwifery Program

Or contact Elaine Ross, Elder Midwife

Cell: 1-807-276-3666

Email: sagepwr@hotmail.com



CANADA PRENATAL NUTRITION PROGRAM (CPNP)

The Canada Prenatal Nutrition Program aims to improve the health of pregnant women, new mothers and their babies.

Giishkaandago'lkwe Health Services Community Health Nurses administer the program in Mishkosiminiziibiing, Chima'aganing, Mitaanjigamiing, Gakijiwanong Anishinaabe Nation, Ojibways of Onigaming, Manidoo Baa Witi Gong, and Anishinaabeg of Naongashiing.

Couchiching, Naicatchewenin, and Nigigoonsiminikaaning directly administer the CPNP.

WHO IS ELIGIBLE?

To be eligible you must currently be pregnant; and/or the parent or caregiver of a child under the age of 2 years old; and residing in one of the 10 Anishinaabeg Communities of Southern Treaty 3 served by Gishkaandago'lkwe Health Services.

SERVICES PROVIDED

Eligible families can access milk coupons redeemable for 2 litres of milk or 1 litre of lactose free milk or dairy alternative and nutrition vouchers for area grocery stores to support healthy nutrition.

ACCESSING OUR SERVICES

For more information, please call:
Your Community Health Nurse
Giishkaandago'lkwe Health Services
(807) 274-2042 ext. 2234

Or

Couchiching: **(807) 274-3228**

Naicatchewenin: **(807) 486-3407**

Nigigoonsiminikaaning: **(807) 481-2559**



COMMUNITY HEALTH PROGRAM

The Community Health Team provides programs and services that are intended to prevent the spread of disease, prolong life and support overall Mino Ayawin (good health).



WHO IS ELIGIBLE?

Our Community Health Nurses provide services to individuals living in the following communities:

- Mishkosiminiziibiing First Nation
- Chima'aganing First Nation
- Mitaanjigamiing First Nation
- Gakijiwanong Anishinaabe Nation
- Ojibways of Onigaming First Nation
- Manidoo Baa Witi Gong First Nation
- Anishinaabeg of Naongashiing

SERVICES PROVIDED

The Community Health Team Programs include:

- Vaccine Preventable Disease
- Control of Infectious Disease
- Sexually Transmitted and Blood Borne Infections
- Child and Family Health
- Health Promotion and Injury Prevention
- Harm Reduction

ACCESSING OUR SERVICES

For more information,
please call: **(807) 274-2042**
Refer by fax: **(807) 274-8324**



COMMUNITY HEALTH SERVICES PROVIDED

Vaccine Preventable Disease

A structured immunization program designed to prevent the spread of vaccine-preventable infectious disease across all age groups. The program aims to improve community-wide immunization rates through routine and school-based immunization services, community engagement and public education and awareness.

Child and Family Health

A culturally grounded, community based program that supports healthy pregnancies and child development through nutrition, immunizations and support with the goal to deliver a bi-cultural approach that honors Anishinaabe teachings and customs about pregnancy and birth coupled with “western” practice. The Community Health Nurses provide pregnancy point of care testing, prenatal and postnatal education and postpartum support. Breastfeeding education, support and nutrition program (Canada Prenatal Nutrition Program partnership: food vouchers, milk coupon program, access/referral to a dietitian)

Health Promotion and Injury Prevention

Promoting lifelong health and wellness through education, resources and collaborative engagement on injury prevention. We support individuals and families in making choices to enhance safety and well-being in everyday life. This is achieved by providing information, resources, support and engagement on key areas such as:

- Healthy eating
- Child safety
- Falls prevention
- Sun safety and UV protection

Control of Infectious Disease

Education focused on the prevention and management of communicable diseases through outbreak management, surveillance and coordinated response strategies. This includes education and awareness, surveillance and monitoring, outbreak management, case and contact management and providing support and implementation in pandemic preparedness and response.

Harm Reduction

Provides education, resources and strategies to reduce the risks associated with substance use, while promoting safety and well-being for individuals and communities. This program supports individuals without judgement by meeting people where they are at and providing:

- Education and Resources on safer substance use practices, including safe needle use
- Overdose Prevention and Education – including recognizing the signs of an overdose and how to respond effectively
- Naloxone Training and Distribution – offering free naloxone kits to help reverse opioid overdoses and save lives
- Additional support services/Referrals

Sexually Transmitted and Blood Borne Infections

A confidential and client-centered program focusing on the prevention, early detection and management of sexually transmitted and blood borne infections.

Key components include:

- Confidential screening, testing and treatment
- Surveillance and Case Management
- Sexual Health Counselling and Education
- Support Services / Referrals

ENVIRONMENTAL PUBLIC HEALTH (EPH) PROGRAM

The Environmental Public Health (EPH) program engages communities and their physical environments to promote health and well-being, recognizing the vital connection between human health and a clean, safe environment. Service delivery is grounded in the seven pillars of Environmental Health:

- Communicable Disease Control
- Healthy Housing
- Safe Drinking Water
- Facility Inspections
- Waste Water Management
- Food Safety
- Emergency Preparedness and Response

Through these pillars, we support the development of healthy, resilient communities and work to ensure Mino Aywain (good health) for both people and the environment.

WHO IS ELIGIBLE?

We provide services to all 10 Anishinaabeg Communities of Southern Treaty 3 in the Rainy River District.

SERVICES PROVIDED

- Communicable Disease Control
- Safe Drinking Water
- Healthy Housing
- Waste Water Management
- Food Safety
- Emergency Preparedness and Response
- Facility Inspections

ACCESSING OUR SERVICES

Please contact Giishkaandago'lkwe Health Services EPH Team for any Environmental Public Health Service inquiries Monday-Friday 8:00 am-4:00 pm at **(807) 274-2042**



After Hours On-Call

1-855-407-2676

EPH SERVICES PROVIDED

Communicable Disease Control

A communicable disease is a disease that spreads from one person or animal to another. These diseases are caused by viruses, bacteria, parasites and fungi. When those micro-organisms cause illness we call them pathogens.

A person may get infected by:

- Direct contact with an infected person
- Contact with contaminated bodily fluids, such as blood, mucus, or saliva
- Inhaling droplets from an infected person's cough or sneeze
- Animal bites from dogs or bats (which may carry Rabies virus)
- Insect bites, such as ticks or mosquitoes carrying Lyme Disease or West Nile Virus
- Consuming contaminated food or water

Environmental Public Health Officers (EPHOs) play a critical role in communicable disease as they investigate reports of communicable disease and outbreaks, conduct risk assessment and follow up with affected individuals or communities, provide education on infection prevention and control and support communities on how to reduce the risk of being infected.

Safe Drinking Water

Our Water Quality Analyst in collaboration with the EPHO ensures access to clean and safe drinking water by collecting water samples to test for bacteria and unwanted chemicals. If test results indicate a risk to the public, the EPHO will recommend appropriate safeguards such as issuing a Boil Water Advisory to ensure the safety of the community.

Provide water testing supplies for water treatment operators in our First Nation communities to support routine monitoring and system maintenance. We deliver training for new Community Based Drinking Water Monitors, helping build knowledge and capacity to protect community water sources.

In addition, we offer education and resources on key topics such as:

- Protecting source water from contamination
- Understanding and selecting appropriate water treatment system options
- How to disinfect your well
- How to collect water samples
- How to read and interpret water sample test results

EPH SERVICES PROVIDED CONT'D

Healthy Housing

Environmental Public Health Officers:

- Provide public health inspections of public and social housing upon request. Inspections may include the evaluation of indoor air quality, mold and other environmental contaminants, pest infestations, water supply and waste disposal, general safety and structural conditions and overcrowding.
- Review housing plans, renovations and new housing developments from a public health perspective to identify and mitigate potential health risks
- Provide advice, guidance and recommendations to Chief and Council, community housing workers and occupants to all stages of housing including: site selection and design, construction and occupancy and renovation

Food Safety

Offer support through food safety inspections, education and outbreak response. This includes conducting inspections and offering recommendations in existing food premises and new food establishments, educating community members on safe food handling practices, issuing health alerts and product recall notices, based on information from the Canadian Food Inspection Agency and investigating food-related outbreaks, providing guidance on how to reduce risk and protection during an outbreak.

Waste Water Management

Environmental Public Health Officers receive, review and inspection applications for:

- New septic system installations
- Septic tank replacement
- Repair of an old or malfunctioning system

They will also review plans for community wastewater treatment facilities and respond to reports of sewage spills, backups or overflows.

When reviewing new applications or inspecting septic systems, we ensure all systems comply with Ontario Building Code standards. These standards are designed to protect groundwater source from contamination, ensure safe distances between septic systems and nearby bodies of water (e.g. lakes, rivers and streams) and reduce environmental and health risks associated with improper wastewater disposal.



EPH SERVICES PROVIDED CONT'D

Emergency Preparedness and Response

- Provides inspection of evacuation centres and recommendations to ensure appropriate accommodation standards related to: overcrowding, sewage and waste disposal
- Monitor the safety and quality of drinking water supplies, air quality and sanitation facilities
- Assess food services, including safe food handling, storage, preparation, distribution of food
- Promote infection prevention and control practices to reduce the spread of communicable disease
- Collaborate with local social service agencies to address shared concerns related to evacuation centres, food safety, and water security
- Conduct surveillance and manage public health responses during infectious disease cases and outbreaks

Facility Inspections

The EPH program conducts inspections and offers consultations to the following facilities:

- Daycares
- Schools
- Day camps
- Homes for the Elderly
- Residential and group homes
- Food premises
- Other publicly used facilities

The primary goal of these inspections is to offer advice, recommendations and education that support safe environments and promote Mino Ayawin, good health, for all.





GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

HOME & COMMUNITY CARE

The Home and Community Care Team provides support for members of our 10 Anishinaabeg Communities of Southern Treaty 3. Our main focus is to provide wholistic health services for adult and youth including support both at home and in community.

PROGRAMS & SUPPORT:

- Home and Community Care
- Diabetes Education & Foot Care



HOME & COMMUNITY CARE

The Home and Community Care (HCC) program provides essential services in the home or community setting to Anishinaabe people of all ages with disabilities, chronic or acute illnesses.

Service delivery is based on assessed needs by Registered Nurses or Registered Practical Nurses and follows a case management process.



WHO IS ELIGIBLE?

The Home and Community Program is available to members living in one of the following Anishinaabeg communities:

- Mishkosiminiziibiing First Nation
- Chima'aganing First Nation
- Mitaanjigamiing First Nation
- Gakijiwanong Anishinaabe Nation
- Ojibways of Onigaming First Nation
- Manidoo Baa Witi Gong First Nation
- Anishinaabeg of Naongashiing

SERVICES PROVIDED

- Home Care Nursing
- Case Management
- Medical Supplies and Equipment *
- Palliative Care
- Transitional Care
- Home Support Services *
- Respite Care *

ACCESSING OUR SERVICES

For more information,
please call: **(807) 274-2042**
and ask to speak with Home and
Community Care.

Refer by fax: **(807) 274-2050**

HOME & COMMUNITY CARE SERVICES PROVIDED

Home Care Nursing

Nursing treatment and procedures provided in the home and community setting; including advanced wound care, chronic disease management, and other various treatment ordered by a physician or nurse practitioner.

Case Management

A structured approach to care that incorporates individualized assessment, treatment and follow-up to ensure positive client outcomes; working alongside various healthcare providers, organizations, community resources, etc.

Medical Supplies and Equipment*

Facilitate client access to equipment covered by Non-Insured Health Benefits to promote quality of life and safety within home settings.

Palliative Care

Providing a holistic approach to care to support quality of life and goals of care throughout the end of life journey. Care may include personal care, pain and symptom management, client and caregiver education, advanced care planning and system navigation.

Transitional Care

System navigation that supports clients and families within health care settings to ensure smooth transitions to community, hospital, or longterm care. Transitional care collaborates with health care partners to achieve positive client outcomes.

Home Support Services*

In home assessments that are completed in collaboration with the Homecare Nurse, Community Health Representatives, Health Directors and/or Social Service Workers to assist community members in maintaining their highest level of independence in the home setting. Personal care, home support and maintenance, homemaking services are subject to availability and may vary depending on community resources.

Respite Care*

Support offered to care givers of individuals who need 24 hour care to lessen the burden of keeping their loved ones at home. Offered on a prescheduled basis Monday – Friday morning, afternoon or evening. No overnight visits are available at this time.



DIABETES EDUCATION & FOOT CARE

This program aims to increase knowledge and understanding of healthy lifestyle choices, empower clients to set reasonable goals in relation to their diet, exercise, and medication regime to see a reduced number of complications associated with diabetes. Care is initiated through referrals from Health Care Providers, Community Health Representatives, family members, and self.

The diabetes and foot care team are available in each community once a month or more frequently if required.

WHO IS ELIGIBLE?

Our Community Health Nurses provide services to individuals living in the following communities:

- Mishkosiminiziibiing First Nation
- Couchiching First Nation
- Chima'aganing First Nation
- Mitaanjigamiing First Nation
- Gakijiwanong Anishinaabe Nation
- Naicatchewenin First Nation
- Ojibways of Onigaming First Nation
- Nigigoonsiminikaaning First Nation
- Manidoo Baa Witi Gong First Nation
- Anishinaabeg of Naongashiing

SERVICES PROVIDED

Diabetes Education

This program offers monthly diabetic screening in each community, insulin starts ordered by a health care provider, insulin adjustments, blood glucose monitoring, and health teaching and promotion on nutrition and healthy lifestyle choices.

Foot Care

Foot Canada certified foot care nurses provide basic, advanced, and diabetic foot care including offloading, ingrown resection, lower limb assessments, correction system for ingrown and involution as well as sharp debridement management of callouses, corns, and fissures.

ACCESSING OUR SERVICES

For more information or referral, please call: **(807) 274-2042** and ask to speak with Diabetes Education or Foot Care. Refer by fax: **(807) 274-2050**





GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

GENERAL CLIENT INFORMATION



WE WELCOME YOUR FEEDBACK

Giishkaandago'lkwe Health Services values and encourages the feedback of service users and community members about the programs and practices of the organization.

We strive to make every encounter with clients and families an opportunity for quality improvement.

WHAT IS THE FIRST STEP?

Compliments, concerns, and complaints are best addressed and resolved at the time and place they occur. We encourage individuals to deal directly with any presenting problems. If you have a compliment, concern or complaint, contact the person who provided the service or the manager of that team.

WHAT CAN I EXPECT IF I FILE A COMPLAINT?

Any service area will record and manage your complaint in a prompt and fair manner. We will work with you towards a resolution by connecting with the appropriate members within your circle of care and investigate your concern.

We will try to achieve this in a timely manner and will follow up with you upon resolution.

ACCESSING OUR SERVICES

Your privacy and confidentiality will be respected and protected. If you don't wish to provide your name, you don't have to. However, it does make it difficult to investigate concerns if we cannot follow up with you.

We acknowledge the need to maintain a healthy, respectful balance between the public and service providers in an effort to provide safe, quality care.

By being accountable and transparent, Giishkaandago'lkwe Health Services will enhance trust in the health service system.

CARING FOR YOUR INFORMATION

Giishkaandago'lkwe Health Services understands the sensitivity of your personal health information. We are committed to protecting your privacy.

When you receive health care and services from Giishkaandago'lkwe Health Services, we will collect, use and share personal health information for these reasons:

- To identify and keep in contact with you about your health care
- To provide ongoing health care
- To support the provision of health care by health care partners
- To help us plan, monitor and improve our care and services to you
- To understand your eligibility for benefits and services
- To analyze, manage and control disease outbreaks and monitor the overall health of people
- As required by law (e.g. court order, reportable conditions)

We will keep personal health information only as long as reasonably required based on Personal Health Information Protection Act, 'PHIPA'.

We will only release sensitive information for purposes not listed above if required by law (e.g. court order, reportable conditions, prevent harm to others).

We do this under, and in accordance with, the Personal Health Information Protection Act, 'PHIPA' and other applicable legislation.

COMMITTED TO PRIVACY

We are committed to ensuring personal and health information will remain confidential.

COMMITTED TO ACCURACY

We are committed to ensuring that your information is recorded accurately.

COMMITTED TO EMPOWERMENT

We are committed to empowering you to understanding your rights regarding the protection of your personal health information.

CARING FOR YOUR INFORMATION

UNDERSTANDING IMPLIED CONSENT

The 'Circle of Care' is about sharing information between direct health care providers for health care purposes. By receiving our health care services, we have your implied consent to share information within your Circle of Care. It is specific to providing care or assisting in providing care, and if it is for anything else, we will require your express consent.

UNDERSTANDING EXPRESS CONSENT

Express consent (verbal or written) will be obtained if/when we are collecting, using, and disclosing personal information outside of the 'Circle of Care', or for secondary purposes outside of those listed to the left (for example, research, teaching/education).

YOUR RIGHT TO INQUIRE

You are entitled to inquire about privacy and to request access to your personal health information held by Giishkaandago'lkwe Health Services about you. To do so, please contact our Privacy Officer.



For More Information

Contact our Privacy Officer
at (807) 274-2042.



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —



If you have any questions or concerns
regarding your care or the services offered
by Giishkaandago'ikwe Health Services
please contact us at **1-807-274-2042**



