



FORT FRANCES TRIBAL AREA  
**HEALTH SERVICES**

# QUARTER 2 SERVICE REPORT

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2021-2022



# COMMUNITY HEALTH

## *Community Health Nursing*

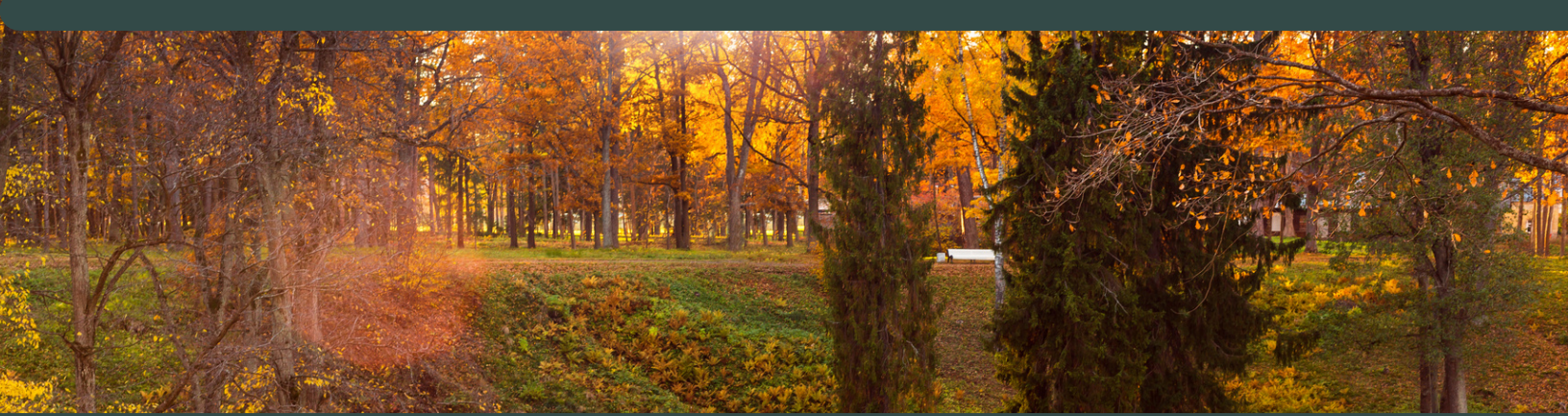
The Community Health team have spent the first and second quarter ensuring eligible community members received full vaccination for COVID-19. To date, the CH team have held 80 COVID-19 vaccination clinics, administering 1296 first doses and 1198 second doses, with community coverage rates ranging between 69% to 96% for first doses and 65% to 91% for second doses. In addition, 74% of youth between the ages of 12 and 18 are fully vaccinated. The CHN's have also continued to provide support with testing for COVID-19 and have completed 323 tests, as well as provided monitoring, support, and education for positive cases and contacts as needed.

The CHN's were excited to start returning to community for regular Community Health visits in August completing a total of 75 community visits between the 8 First Nations communities of the Rainy River District, receiving Community Health services from FFTAHS. During these visits the CHN's have administered 40 scheduled childhood vaccines, completed 8 prenatal visits and 10 Well Baby visits, distributed monthly milk coupons and CPNP vouchers for 65 children under the age of 2 and 15 prenatal clients, and provided Naloxone training for 6 community members.

The CH team also received training on CoVAXON, the provincial database for COVID-19 vaccinations. The Community Health team have also been in consultation with our partners at the Northwestern Health Unit to expand service provision as we have seen an increase in sexually transmitted blood borne infections, like Syphilis in our region. The Community Health team have been working on program development to provide testing for sexually transmitted blood borne infections, including follow up and treatment.

In addition, the Community Health team are starting to plan for flu vaccine clinics and preparing for the potential expanded 3rd dose eligibility this fall.





## ***Environmental Public Health***

In the past quarter, the Environmental Public Health Officer's (EPHO) have been busy with opportunities to continue developing this new and exciting program with FFTAHS.

The EPHO's have been developing information recourses to share with communities and partner agencies, participated in numerous training opportunities and engaging communities through consultation, recommendations, and service delivery.

The EPHO's have completed 24 community visits, 20 meetings, 11 inspections, followed up with 4 reports of dog bites, obtained 6 community water samples, issued 2 Boil Water Advisory alerts (followed with rescind), issued 2 food recall notifications, and provided 1 training session for community based drinking water monitoring.

Possibly the most exciting part of this past quarter was the devolution of services from Indigenous Services Canada to FFTAHS. The EPHO's at FFTAHS are now providing all services regarding Environmental Public Health to the 10 First Nations communities of the Rainy River District. The EPHO's will now receive all colilert water test results for these communities, including data entry and maintaining inventory of orders and supplies for water samples.

In addition, the EPHO's have continued their work with the Social Emergencies Coordinator to establish Air Quality and Northern Ontario fire monitoring, updates, and notifications.

## ***Children's Oral Health Initiative***

The Children's Oral Health (COHI) team transitioned from virtual service delivery to in-person service delivery in July 2021.

In the second quarter, the COHI team performed 101 dental screenings, administered 88 fluoride varnish applications, placed 12 temporary fillings, 5 dental sealants and have distributed over 620 oral care packages. A total of 35 dental referrals have been facilitated during this quarter. The COHI team have submitted 9 dental related Jordan's Principle funding proposals and continue to do so.

The COHI team had the opportunity to participate in the Ojibways of Onigaming Back to School Fair in August and distributed health packages to 23 adults, 29 children, and 1 infant. Dental screening and fluoride varnish applications were also provided to 12 children at this event.

In September, the COHI team attended the Ontario Regional COHI RDH meeting and were grateful for the opportunity to participate in the Lac La Croix First Nation Truth and Reconciliation walk and ceremony.

Additionally, the COHI team are continuing to prepare for Accreditation in 2022 as well as exploring opportunities to enhance service delivery through the development of policies and procedures.





## ***Social Emergencies Coordinator***

The Social Emergency Coordinator (SEC) has continued to work on developing this new program at FFTAHS and how the program can best support our surrounding First Nations communities in the Rainy River District during an emergency.

The SEC has been focusing on joining and establishing different committees and working groups to help with promotion and the development of the new Social Emergency Management Program. The program is offering Emergency Preparedness training for staff and communities and building capacity within our region. Daily emails have continued to be provided to leadership and communities to ensure up to date, accurate information with the status of COVID-19 in our region. The SEC created and launched a survey in September to gain valuable feedback and promote the program, which will continue through to November.

The SEC has also continued working with the EPHO's on establishing Community updates and reports on various subjects including air quality and wildfire reports. Additionally, the SEC has established working groups with Behavioral Health Services and are engaging with community partner agencies to create a Crisis Response Protocol and will continue to work towards establishing a toolkit for communities.

The SEC has also been collaborating with the Mental Health Wellness Team, engaging communities and building capacity. The SEC has participated in 8 collaborative meetings, provided 3 consultations, and participated in 3 community emergency calls.

The SEC is looking forward to planning engagement sessions with communities to provide further information regarding the program and what services can be offered to help support communities and community members in times of need.



# HOME & COMMUNITY CARE

## *Home Care*

The team supported 273 community members, providing over 4000 interventions in the home and 11,176 total encounters cumulative from April 1, 2021.

The team expanded in September with the addition of 2 term Personal Support Workers who continue to work through orientation and training. The goal of this staffing addition is to allow for extended client visits, case management, and other interventions. The PSWs will work closely with the nursing case managers, clients and communities to address the physical, social, emotional and spiritual care needs of each client.

The Transitions Coordinator and Palliative Care Coordinator implemented a structured palliative/end of life intake and referral process this quarter that is aimed at supporting frontline HCC staff, families, and community partners. Both Coordinators were instrumental in the successful discharge planning and transitional care of numerous clients by facilitating case conferences, attending daily hospital rounds, and arranging for various equipment and home maintenance needs prior to discharge. The Palliative Care Coordinator also collaborated with Regional Palliative and End of Life committees to provide education and strategies on implementing virtual care services to front line staff and communities across the region.

The Home and Community program was successful in the application of the Connecting Ontario Clinical Viewer, which is a secure web-based portal that provides real-time access to digital health records. Access to this portal will improve workflow and efficiencies by providing a comprehensive view of consenting client's health journey regardless of where in the province the information was obtained.





## ***Diabetes and Foot Care***

Our Diabetes and Foot Care program resumed to full services in community in June; supporting 358 community members with 1606 total encounters cumulative from April 1 2021. Both teams work collaboratively to provide biweekly visits to each of the 10 First Nation communities.

The Diabetes Educator provided blood glucose monitoring, education on diet and exercise, as well as insulin starts and adjustments to members of all 10 First Nation communities this quarter. The Diabetes Educator continued to assist the Community Health Program with the COVID-19 Vaccine Clinics. In July, the Diabetes Educator joined the Rainy River District Ontario Health Team Diabetes (RRDOHT) subcommittee to discuss collaboration opportunities, address gaps in service for the district, identify and understand partner's obstacles, and to create a pathway for providers to further support people living with diabetes.

The Foot Care team consists of 3 Foot Canada certified registered practical nurses who are able to provide basic, advanced and diabetic foot care. Services include maintenance care, basic foot care, ingrown toenail removal, offloading, callous and corn debridement and management of blisters, cracks, and fissures.

In addition to these services, one of the RPNs is able to provide conservative sharp debridement and Onyfix nail correction application. We are working towards ensuring the whole team receives the training and certification to provide these additional services.



During this quarter, the team implemented a structured case management and intake process that allows for continuity in care and strengthened relationships between the provider, client and community leadership. This intake process focuses on identifying individual risk level and is based on best practice guidelines.

# CHILD'S FIRST INITIATIVE

Since April 1, 2021 the C.F.I. team has completed 9001 encounters with 401 clients.

During the second quarter (July to September 2021) as the restrictions due to COVID eased, CFI team members began to regularly travel into the communities and a variety of services and programs for children and families were provided. The service highlights include:

To celebrate the conclusion of an unusual and challenging school year for students, “Summer Fun” activity packs were distributed to 400 children from the 10 communities. These fun bags were filled with toys, games, activities and books to encourage kids to put down their technology and devices and have fun!! Children enjoyed skipping games, ball games, bubbles, crafts, Frisbees, card games, scavenger hunt, songs, outdoor games, rainy day fun activities, and family friendly recipes.

In August, the CFI team was invited to participate in the “Back to School Youth Gathering” in Onigaming First Nation, celebrating the start of a new school year. Staff brought a variety of fun activities for kids and families to enjoy & offered books and a few other treats for children to take home. Throughout the year, the CFI team works closely with Mikinaak School, providing a variety of specialized services to support the staff and students.

As students returned to school this fall, classroom teachers were provided with the “Minwaadizi Tool Kit” which focused on building Mino ayawin in 10 minutes a day. This resource helped children find various ways to build healthy bodies, minds and spirits based on the Anishinaabe knowledge held in the Seven Grandfather Teachings, the Circle of Courage framework, and the science of yoga and mindfulness. This exciting program includes breathing & relaxation exercises, affirmations and gratitude; connections; strength & yoga, and finding joy to build minwaadizi.





On September 30, the National Day of Truth & Reconciliation, CFI team members honoured residential school survivors and those children who did not return. Staff were invited to participate in events hosted in Couchiching First Nation, Seine River First Nation, Nigigoonsiminikaaning First Nation, Big Grassy First Nation, and Rainy River First Nation. Additionally, we were privileged to be included in events hosted by our service partners Weechi-it-te-win Child & Family Services & Gizhewaadiziwin Health Access Centre. Children and families in Big Grassy shared their hand prints on our banner honouring our children.

With school resuming in September, Occupational Therapists Chantal Jodoin & Sheryl Barkley have been visiting Mine Centre School and Pegamigaabo School to offer classroom wide supports. For the children in Kindergarten the focus is on Self-Regulation and supporting a child's ability to self-regulate in order to be ready to attend, to learn and participate, to socialize and contribute within the school and community. In the grades 1 to 4 classrooms, an Interoception Curriculum is targeted which is the ability to notice and connect bodily sensations with emotions. In the older grades (5 to 8) the focus is on healthy occupations which is geared towards providing education regarding daily routines. Students reported that they enjoyed the programs and are looking forward to more groups later in the year. These classroom wide supports will also be offered at the schools in Onigaming First Nation and Lac La Croix First Nation. The Occupational Therapists continue to see children in all schools, focusing on a variety of needs including self-regulation, activities of daily living, mental health & well-being, and fine motor.

In the community of Big Grassy, a "Little Bears" toddler group was offered weekly this fall and includes fun activities for children and caregivers including crafts, snack time, story time, circle activities and just opportunities to play & have fun. These group will be offered in all communities throughout the year!!



To begin the school year, Dee O'Sullivan, Physiotherapist, has been encouraging students to practice yoga to promote wellbeing, physical activity, core strength, and breathing. She will be rotating throughout the schools and/or communities but began the school year at Lac La Croix, Seine River, Onigaming, and Big Grassy.

Kate Norman, Speech Language Pathologist, will also rotate throughout all the communities during the year. Through this last quarter she visited families/children in all 10 of the communities. Beginning in September, she also began providing supports to children attending daycare in Onigaming, Nigigoonsiminikaaning, and Couchiching.

Lindsay Hamilton, Children's Mental Health Therapist, offered art therapy groups during this last service quarter. Groups were held in Nigigoonsiminikaaning, Onigaming, Naicatchewenin, and Big Grassy. Art therapy supports mental health and wellbeing and helps to uncover and address thoughts, feelings or memories that are hard for children to talk about. It includes the process of health and clearing the mind through self-expression. Groups and individual sessions will be held in other communities during the remainder of the service year.

Jason Mainville, Cultural Support Worker, continues to provide support to children, families, and communities in various aspects as requested. During the summer he completed an Edu-Therapy Grief Resolution course to support children who are dealing with grief due to loss, trauma, and/or abuse. Jason will be collaborating with BHS to offer these supports for youth in the upcoming months.

Throughout the summer and early fall, as children prepared to return to school, Kelly McIntosh, Behavioural Consultant, worked with children, families and schools to support the transition to in-person learning. Through positive behaviour approaches, children are supported to be successful at home, school and in the community.

In September we implemented new "service teams" to better support families and communities. Each service team is comprised of 3 staff including:

Family Navigator/Case Manager – provide intake and support for families with children over the age of 6 including case management, advocacy, internal & external referrals, Jordan's Principle funding applications and support to navigate services as required



Infant Child Development Family Navigator/Case Manager - provide intake and support specifically for families with children under the age of 6 including case management, advocacy, internal & external referrals, Jordan’s Principle funding applications and support to navigate services as required. Families are offered an initial developmental assessment for the child which further guides referrals or services based on the child’s unique needs.

Community Development Worker - provides community based supports focusing on infant and child development. They work with families and community partners to assist in meeting the needs of the children, families and communities.

Community Team			
Communities	Family Navigator/ Case Manager	Infant Child Development Family Navigator / Case Manager	Community Development Worker
Mitaanjigamiing Naicatchewenin Onigaming Seine River	Jessika Ewald	Sara McCormick	
Lac La Croix Nigigoonsiminikaaning Rainy River First Nation	Leanne Penney	Katlynn Jewell	
Big Grassy Big Island Couchiching	Janice Neurinski	Lexi Caul	

Referrals to the CFI program can be made by calling 274-2042. Lisa Ruppenstein, Program Assistant, is available to answer general questions or complete referral information. The Family Navigator/Case Managers are also available to answer any questions that families or communities may have.



# MENTAL HEALTH SERVICES

## ***Mental Health (3 Counsellors, 1 Therapist)***

The Mental Health Counsellors have had consistent caseloads of 45+ individuals. A hybrid model of services throughout the second quarter occurred where options remained that allowed clients to access virtual, phone and in person support both in community and at the Mental Health Services building. A total of 450 direct counselling sessions were provided cumulative since April 1, 2021. Keeping consistent with their rotational community visits and scheduling, the team also covered the weekly mental health direct line which provided one to one walk in and phone/virtual support services to those experiencing crisis. The team, along with the help of other staff within Mental Health Services, tended to 6 community social emergency crisis situations within the quarter in our communities where support services were offered late into the evenings and weekends.

Continuous Honouring Our Children support circles were offered on a weekly basis to survivors and those impacted by residential school. Two sessions one virtual and one in person were held with Dr. Haggarty, Chief of Psychiatry in the District of Thunder Bay, to learn about various topics in psychiatry and to consult on a few complex cases. Our Mental Health Counsellors & Therapist also assisted supporting days of awareness such as World Suicide Prevention Day and Truth and Reconciliation events both at Mental Health Health Services and within the communities of Anishinaabeg of Naongashiing, Mishkosiminiziibiing and Rainy River First Nations.





## ***Waasodii Omii'e Program (2 Workers)***

The Waasodii Omii'e Program consists of two workers who have provided support sessions primarily focused on addressing coping strategies for managing addictions and substance use while prepping for PreTreatment and AfterCare Services. Waasodii Omii'e supported with crisis response services within communities when needed along with our Honouring Our Children support and healing circles.

Several land based activities have been completed which consisted of the following:

- Continuation of sharing the Harvesting Maple Syrup teachings video with Elder Calvin Morrisseau; which has reached and reviewed by over 200 people.
- Photo Challenge to encourage families to get out on the land brought in over 400 entries of pictures and participation in activity for families within community.
- Collaboration with Couchiching First Nation on canoeing events, canoe races, and youth camping trip which supported over 75+ individuals and families. Staff supported the events through the donation of the use of canoes, paddles, life jackets, other supplies, and gift cards for prizes.
- Collaboration with Seine River First Nation on canoe racing, Family Wellbeing Event (Water Sports such as Tubing, BBQ) supporting over 80+ individuals in participating in the events.
- Supporting Mishkosiminiziibiing (Big Grassy River First Nation) with canoe races and BBQ event. Through the use of our canoes, life jackets and supplies we were able to involve 40+ individuals.
- Set up of booth in Rainy Lake Market Square for Overdose Awareness Day advertising Pre-Treatment and Aftercare Services, resources and programming available.
- Supported weekly Women's sharing circles in Mishkosiminiziibiing (Big Grassy River First Nation) in conjunction with a Mental Health Counsellor and the Community Wellness Worker.
- Set up of a booth and provided information over the weekend at Mitaanjigamiing Recovery Gala- Support/ providing information about Pretreatment/Aftercare



- Continued to provide and deliver land based activity packages of supplies to encourage families to get out on the land which were given to over 20 families.
- Supported the coordination of Full Moon ceremonies offered monthly with Elders and traditional knowledge keepers to pass on teachings to girls and women.
- Women's Hand Drumming was offered bi-weekly with up to 10 women attending evening sessions around a sacred fire.
- Men's Drumming offered monthly and sometimes bi-weekly alongside with our Cultural Community Support Worker bringing upwards of 7 men together attending to learn songs and gather around the fire.



## ***Cultural Community Support Program***

Our Cultural Community Support Worker has provided support in filling the Native Inmate Liaison Officer role at the Fort Frances Jail. During this time the jail moved towards holding female only inmates in which our worker had to make some adjustments with his teachings, support healing provided. He continued to offer the following to the inmates throughout the quarter:

- one to one support and teachings
- drumming and singing in courtyard; provided support to 40+ inmates
- journals and writing with books
- medicines provided to the inmates (Sage, Sweet grass, Bear Grease)
- support and discussions with guards
- adult colouring and meditation books
- attended training alongside the correctional staff
- teachings and support to the guards

When able, support at the welcoming and graduation ceremonies at MATW occurred as well as support with gatherings such as the National Day of Truth and Reconciliation events etc. Coordination and scheduling of drummers as needed was supported by the Cultural Community Support Worker. Supporting communities with the planning of their sweat lodge ceremonies and often coordinating a supply of wood and/or grandfathers also occurred through our Cultural Community Support programming.

## ***Mental Wellness Program (2 Workers)***

- 250 Pride Signs and Activities distributed to communities in June/July to build awareness and Inclusion of the 2SLGBTQIA+ community.
- Homelessness supplies were purchased to support clients in need. (tents, sleeping bags, clothing)
- Supported delivery of the Mental Health Services camper to Onigaming for space to provide services offered by our program and crisis support as/when required
- Community Crisis Response Training was completed with Mental Wellness Workers where they gained knowledge and resources to prepare for response to community crisis
- Kookum's Kitchen virtual cooking program (prepared traditional foods with help of an elder virtually which occurred monthly with up to 6 individuals in attendance)
- Golf for Wellness Program was supported by Mental Wellness. The program provided golf passes with club and cart rentals to encourage families to get outside together and enjoy a round of golf which promotes physical, social, mental wellbeing, 100 passes were given out to community members for both local golf courses.
- ORCKA Level 2 Canoe Training 1 day for Service Providers (6 participants), 1 day for community members (6 participants). Training provided basic canoe safety and paddle strokes to ensure proper technique and safety on the water. Future plan is to complete trainer training to provide level 2 certification to community members and staff to encourage proper paddling technique and safety. A year end canoe event involving all communities is the goal.
- Supported community Canoe Race between Mitanjigamiing vs. Naicatchewenin (12 participants) Staff assisted community in the process of making a birch bark canoe and organized canoe races between two communities for friendly competition





In the month of August every Thursday there were Summer Learning Series Workshops through Canadian Red Cross (psychological first aid, healthy youth relationships, bullying prevention, mental health wellness resources). Provided information and resources to help support youth clients through programming.

Through July-Sept supported Honouring Our Children (Residential School Sharing Circles) Held sharing circles during lunch hours to provide support for residential school survivors or anyone that has been affected by the recent discovery's of unmarked graves.

August 16-19 – Supported Big Island Wild Rice Harvesting & Canoe races (12 participants) Spent the week in Big Island helping out with the wild rice harvesting process from making thrasher sticks to canoeing through the rice fields and cleaning the rice.

August 19 – Summer Wellness Program (Music for Wellness). Local artists shared their wellness stories regarding mental health and how music was a form of therapy. Artists performed a set list. Program was held to encourage people to come out of their comfort zones and find hobbies that support their emotional well-being. Stories were inspiring to give people motivation that if they put their mind to it they can achieve endless possibilities.

August 23-26 – Grief Edu-Therapy Training – Trained in providing individual and group grief 8 session program to clients who are struggling with grief.

September 21 – Participated alongside other Mental Health staff in Dr. Jack Haggarty Case Consultation – Provided his knowledge and advice with complex cases for our clients. Provided additional resources and information to access that benefit our clients.

Mental Wellness Workers assisted with the coordination of crisis response and support services in 6 social emergency/crisis situations since the previous quarter. Scheduling and support provided up to 4 weeks at a time within communities with evening and weekend coverage offered at times. Supplies and support offered as needed and requested during these difficult and challenging crisis.



## ***Memengwaawag Anti-Human Trafficking Program (2 Workers)***

The Memengwaawag Program have taken part in the MMIWG Presentations and Conferences consisting of 40 participants over Zoom. They have worked closely with the Canadian Women's Foundation, attending seven meetings on the Gender Justice Labs, Housing Project initiatives, and AHT information. The Committee established over 9 hours of discussion with a total of 120 Participants.

The Memengwaawag Program collaborated with the Treaty Three Police Services Spirit of Hope program during World Human Trafficking Day on June 30, 2021. We launched a questionnaire and gave away a Nintendo Switch.

The Memengwaawag Program, AHT Workers attended meetings with the FASD Committee, the Canadian Border Services Agency, and Grand Council Treaty Three with 50 Participants in total.

Our AHT Liaison is involved with trainings in the LGBTQ2S+ Rainbow Collective and the 2SLGBTQQIA+ Committee.

There were 3 trainings that were in progress by April, 2021 were:

1. Sex Trafficking target group Youth.
2. Treating Trauma & concurrent substance use in adolescents and
3. MMIWS training (2 day) "The need for Indigenous Led Responses to Human Trafficking". These were all very informative workshops brought forth through our program to build awareness and education among community members, community workers and service providers.



Our AHT programming supported MMIW's day by providing decals and pins. These were distributed to staff and to our 10 First Nation communities and all who attended MMIWG working group meetings.

Our Wellness Coach/Case Manager has responded to 17 referrals and contacts for direct service of AHT clients.

Outreach services began as well which involved our Wellness Coach/Case Manager for RAAM Clinic with Riverside and Nurse from MATW.

Our Memengwaawag Program hosted two To Be The Voice committee meetings with 22 representatives from various organizations including, Canadian Border Services, Catholic District School Board and Victim Services.

Our Wellness Coach /Case Manager attended the 4 day Grief Edu-Therapy Certification Training to increase capacity to work with those who are grieving and struggling with grief and loss.

Supplies of diapers, clothing, toiletries, were continuously distributed to various organizations such as UNFC, Family Centre and to the ten communities and other homeless individuals or individuals in transition accessing Behavioural Health Services

Our Wellness Coach/Case Manager has recently attended Polar Bear Women's Healing training sessions.

Continuous work is happening to establish working relationships with Treaty#3- Spirit of Hope Project/ GCT#3-MMIWGs program offering various presentations and workshops to build greater awareness within communities.

Our AHT Workers are currently completing online training on Human Trafficking of Indigenous People to build capacity and knowledge as they can share what they learn as part of workshops to communities and improved support services.





# MINO AYAA TA WIN HEALING CENTRE

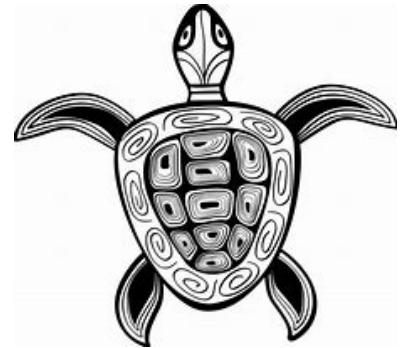
## *Withdrawal Management and Residential Treatment*

Since April 2021 Mino Ayaa Ta Win Healing Centre has served 35 clients in our Inpatient Treatment Centre and 31 clients in our Withdrawal Management Services.

Throughout this quarter we have been busy with the treatment curriculum and bringing in Elders and Knowledge keepers to share their teachings and knowledge with us. These teachings include:



- Full Moon Teachings
  - Moccasin Making
- Ribbon Skirt and Shirt Making
  - Traditional Parenting
- Men and Women's Teachings
  - Hand drumming
  - Water Teachings
  - Turtle Teachings
- Sharing of Sobriety Stories from Elders
  - Sweat Lodge Teachings
  - Rites of Passage



We have also been working with our Community Partners in developing a Rapid Access Addiction Medicine (RAAM) Clinic. Our Withdrawal Management Clinical Coordinator has been doing outreach at the Family Centre and the Fort Frances Square. This outreach has included meeting with clients, sharing resources, discussing possible services and distributing snacks and drinks.

We are excited to announce that we have developed a partnership with Dr. Carfagnini, who is an Addiction Doctor from the RAAM Clinic in Thunder Bay. He will be doing a series of clinics for our RAAM clinic and will be able to induct individuals on Opioid Agonist Therapy.

We have also been working on developing a Sexual Assault Program for victims of Human Trafficking. This program would involve being able to perform sexual assault examine kits (SAEK), counselling and medical follow up with victims as needed.

