



FORT FRANCES TRIBAL AREA  
**HEALTH SERVICES**

**QUARTER 3  
SERVICE REPORT**

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**2021-2022**



# COMMUNITY HEALTH

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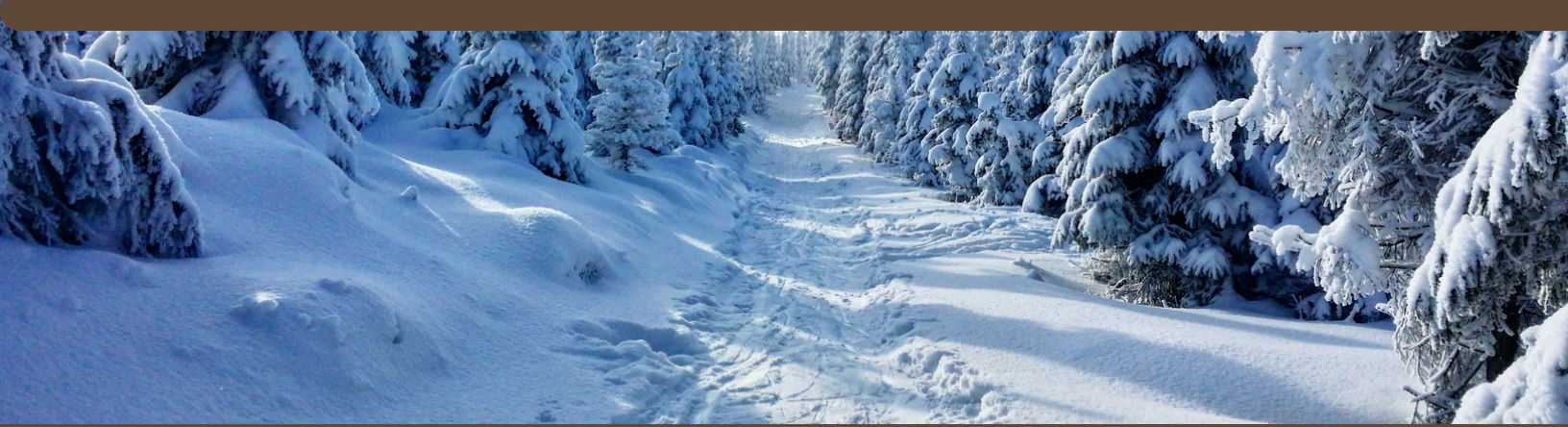
## *Community Health Nursing*

The Community Health team have spent the first three quarters ensuring eligible community members received vaccination for COVID-19. Since the beginning of the first quarter, the CH team have held 123 COVID-19 vaccination clinics. The CH team have administered over 3100 COVID-19 vaccines which include 705 third doses for those 18 years of age and older, who were eligible, and over 200 first doses for children ages 5 to 11. Community coverage rates for individuals 18 plus who are fully vaccinated range between 76% to 96% and 48% to 93% for youth 12 to 17 years of age. The CHN's have also continued to provide support with testing for COVID-19 and have completed close to 580 tests, as well as provided monitoring, support, and education for positive cases and contacts as needed. As the Omicron surge continues, the CHN's have shifted their focus on case and contact management, with support staff facilitating vaccination clinics to ensure communities are still able to get their COVID-19 vaccinations.

The CHN's were excited to return to community for more regular Community Health visits towards the end of the second quarter. Since the beginning of quarter one, the CHN's have completed 161 community visits. During these visits the CHN's have continued to administer scheduled childhood vaccines, completed prenatal visits and Well Baby visits, distributed monthly milk coupons and CPNP vouchers for children under the age of 2 and prenatal clients, and provided Naloxone training.

In the third quarter, the CH team had the opportunity to participate in Orange Shirt Day events in various communities, completed annual flu vaccine training, attended a Prenatal education in-service hosted by Riverside Health Care, and participated in a Medicine Walk at Kay-Nah-Chi-Wah-Nung Historical Centre.





## ***Environmental Public Health***

During the third quarter period the Environmental Public Health Officer (EPHO) has been receiving and reviewing all colilert water test results from communities, and maintaining data entry of results and inventory of orders and supplies for community water testing.

Perhaps the most exciting part of the EPH program during this period was involvement in new large community projects such as new water treatment plants and upgrades of existing ones, as well as projects dealing with community wastewater systems. The EPHO reviews all submitted engineering designs and proposals and ensures that all projects meet strict public health requirements and meet regulatory objectives.

During the third quarter, the EPHO participated in 16 Community Project Meetings, issued 33 Food Recall Notifications, completed 7 community visits, responded to 10 service requests, provided 26 Consultations, obtained 3 community water samples, issued 6 Boil Water Advisory alerts (followed with rescind), and completed the Ontario Emergency Management Course.

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

The Children's Oral Health (COHI) team continued with the provision of in-person service delivery throughout the third quarter. During this time, the COHI team performed 71 dental screenings, administered 105 fluoride varnish applications, 2 Silver Diamine Fluoride (SDF) applications, placed 39 temporary fillings, and 51 dental sealants. A total of 41 dental referrals were facilitated during this quarter.

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

The COHI team was also able to resume service delivery within the federal schools during this quarter. In addition to the provision of its preventative dental services, the COHI team also provided students in Kindergarten to Grade Four with classroom presentations where students took an imaginary trip to "Tooth Fairy Island". In this hands-on presentation, COHI team members dressed up as tooth fairies and children also became honorary tooth fairies. It included a discussion of caries etiology using the "Tooth Decay Equation" and utilized visual aids such as squeezable googly eyed puffy balls (sugar bugs), sugar cubes, lemon juice/vinegar, eggs, & tooth timers to help the students understand how cavities form.

The COHI team continues to support children in accessing dental supports through Jordan's Principle as needed and have submitted 4 dental related Jordan's Principle funding proposals during this quarter.

In November, the COHI team hosted an in-person team meeting with their COHI Aides and were grateful to have Elder Shirley Atwell from Nigigoonsiminikaaning join us for a traditional opening. This long overdue in-person meeting was a wonderful opportunity to provide the COHI Aides with recent program updates, as well as obtain feedback related to service delivery resumption thus far.

Additionally, the COHI team continues to prepare for Accreditation in 2022.





## ***Social Emergencies Coordinator***

The Social Emergencies Coordinator (SEC) has been focusing on establishing and joining different committee working groups to help with promotion and development of the new SEC Program. The program is moving forward with Emergency Preparedness training for staff and communities and building up capacity within our region.

Daily COVID update emails continue engagement with leadership and communities.

The SEC has continued various training opportunities, conferences and workshops including Scribe Training in Emergency Operations Centers, Disaster and Emergency Management Conference, IMS 250 – Emergency Operations Centre training, Special Chiefs Assembly, and the Ontario Municipal Social Services Indigenous Forum.

The SEC has continued collaboration with the BHS Mental Health team and promoted new tools to help workers and community members including the Be Safe app, which helps youth and adults create safety plans and provides information on local supports, the Breaking Free App, which is an online recovery support program available to anyone, the Lifeguard Health App, which is a prevention tool for substance users to prevent overdoses, and provides resource supports. These were promoted and launched in 3 communities in-person before current health restrictions and will continue in the fourth quarter.

In addition, the SEC has attended numerous meetings to collaborate with SEM of AKRC to promote our new programs at the upcoming GCT#3 Symposium, now scheduled for March 2022, and joined the GCT#3 Drug Task Force with meetings to resuming in February.



# HOME & COMMUNITY CARE

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## *Home Care*

The Home Care team continued with full service delivery this quarter; supporting 326 community members, providing over 7200 interventions in the home and 18,073 total encounters cumulative from April 1, 2021.

The team was active in the planning and implementation phase of Swift Medical – HealX technology this quarter. This is a skin and wound technology system that ensures greater accuracy and consistency with wound measurements and timely documentation. The technology is portable which will allow the HCC team to monitor and accurately record wound documentation at the point of care while working in client homes. We are very excited to implement this advanced technology into our program!

The Transitions Coordinator has been an active member of the community of practice group with other coordinators within the region. This practice group allows for a supportive networking connection for all regional coordinators and is a great opportunity to support discharges outside of the FFTAHS catchment area. The group continues to work through streamlined processes for transitions within larger hospital settings.

The Palliative Care Coordinator joined as a hub member for the Palliative Care ECHO Initiative. This is an interactive case-based education platform available to various providers across Canada and is designed to address palliative care needs in rural communities. She has also been an active participant in the development group for creating the Ontario First Nations Palliative Care Toolkit and sits on the Palliative Care planning committee with Riverside Health Care developing advance care planning and information brochures.



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

Our Diabetes and Foot Care program continued with full service delivery this quarter; supporting 393 community members with 1998 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 started an initiative aimed at providing blood glucose and blood pressure screening to any community member. This is a once a month screening clinic in each of the 10 communities and is an opportunity to screen as well as provide education to any community member. 2 healthy food boxes are provided as a door prize to those who receive screening. The Diabetes Educator also joined a Diabetes Referral Pathway Working Group that is comprised of front-line clinicians within the NW Region. The goal of this working group is to develop a central intake system and standardized tools to assist in the referral process and limit barriers to accessing timely services.

The Foot Care team continued to work diligently to provide structured and timely assessments and treatment to all clients in need of services. Training on sharp debridement and Onyfix application remains a top priority for the team. Chiropody services are still not accessible and area providers have been made aware of where to send referrals for the interim. At this time, we do not have a date of when these services will become available, but communication will be provided should any updates arise.



# **CHILD'S FIRST INITIATIVE**

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Since April 1, 2021 the CFI team has completed 14299 encounters with 457 clients. At the start of the current school year, the C.F.I. team was overjoyed to once again travel across the district visiting children, families and communities and re-establishing the in-person relationships that was missed so much.

In October, the Family Navigators/Case Managers had the privilege in participating in Grand Council Treaty #3's session with Cindy Blackstock from the First Nation Caring Society. This session focused on Jordan's Principle and equity for indigenous children as well as discussion and presentations regarding Bill C-92. A number of Treaty #3 communities provided presentation on services and supports available within their communities and some of the innovative approaches to supporting children and families. The CFI continues to work closely with Grand Council Treaty #3 and the First Nation Caring Society to advocate to ensure all children living within our communities have equitable and easy access services and supports

During this quarter, Occupational Therapists Sheryl Barkley & Chantal Jodoin continued to focus on self-regulation and emotional wellbeing and provided classroom based interventions in a number of schools. For the children in Kindergarten the focus was on Self-Regulation and supporting a child's ability to self-regulate in order to be ready to attend, to learn, to participate, to socialize and to contribute within the school and community. In the grades 1 to 4 classrooms, an Interoception Curriculum was employed, which is the ability to notice and connect bodily sensations with emotions. In the older grades (5 to 8) the focus was on healthy occupations geared towards providing education regarding daily routines. During the quarter, groups wrapped up in Pegamigaabo & Mine Centre Public School and the therapists began services in the communities of Onigaming & Lac La Croix. The Occupational Therapists continue to see children in all schools and communities, focusing on a variety of needs including self-regulation, activities of daily living, mental health & well-being, fine motor, and seating and mobility. The CFI program is working to recruit an additional Occupational Therapist to work with Sheryl & Chantal.



Dee O'Sullivan-Drombolis, the CFI Physiotherapist concentrated on children's wellbeing and movement through yoga. Dee visited a number of communities and schools to offer yoga sessions which supported overall physical and mental wellness. Additionally, Dee provided individualized physiotherapy services and supports to children across the area as required

The Speech Language Pathologist, Kate Norman, has been providing assessment and intervention supports across the communities for children of all ages, in various locations including schools, homes and daycares.

We continue to recruit for two additional Speech Language Pathologists to work with Kate to support both preschool and school age children.

Kelly McIntosh, Behavioural Consultant, continues to work with a number of children and families in all communities. Looking at a child's strengths, Kelly assists a child to develop strategies and approaches to enhance success at school, home and in the community.

Jason Mainville, Cultural Support Worker, continues to assist children and families access cultural teachings and ceremonies to support overall wellbeing. Jason also works closely with the CFI staff to provide holistic services for our clients.

During this service quarter, Children's Mental Health Therapist Lindsay Hamilton offered art therapy groups to students in Pegamigaabo, Mine Centre, and Naicatchewenin. In the upcoming quarter, services will include the communities of Onigaming, Lac La Croix and Nigigoonsiminkaaning. The CFI team is fortunate to be welcoming a second Children's Mental Health Therapist in January 2022, Brenda Whitehead, Registered Psychotherapist, will join the team on January 4, 2022.



The CFI program welcomed Rylee Wepruk, Registered Dietitian, to the team. Rylee will be offering nutrition supports to children and families, as well as collaborating with communities to offer a wide range of nutrition, cooking, and health eating programs and supports.

The CFI Family Navigator/Case Managers are very busy providing intake for new clients and offering supports for families of the 457 clients serviced throughout this quarter including case management, advocacy, internal & external referrals, Jordan's Principle funding applications, and support with navigating services as required. The Infant Child Development Family Navigators/Case Managers also continue to provide developmental assessments and supports specifically to support the 0 to 6 age population.

The Family Navigator/Case Managers, along with the Community Development Workers, continue to work as teams to offer services to the communities. The teams and community assignment are as follows:

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

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.



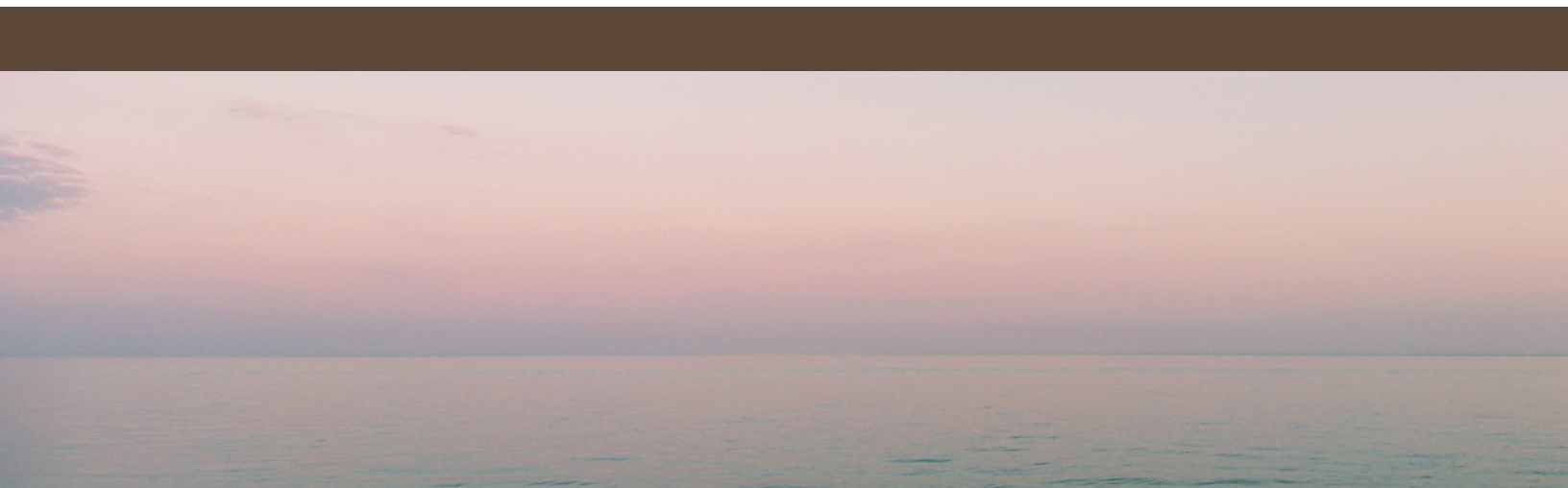
# MENTAL HEALTH SERVICES

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## *Mental Health*

During quarter 3 the Mental Health Team reviewed caseloads and audited client numbers. This analysis resulted in a decrease in caseload numbers and refining the waitlist procedure for services to improve quality of care. Counsellors have had consistent caseloads of 35-40 individuals throughout the quarter. A hybrid model of services continued where options remained that allowed clients to access virtual, phone and in person support both in community and at the Mental Health Services building; however most client care was occurring face to face and within community. Travel had returned to its regular community visit rotation for the counsellors. A total of 1604 direct counselling contacts were provided cumulative since April 1, 2021. 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. With the help of other staff within Mental Health Services, the team tended to 2 community level social emergency crisis situations within the quarter to communities where support services were offered late into the evenings and weekends.

During the quarter, two sessions were held in Fort Frances in person with Dr. Haggarty, Chief of Psychiatry in the District of Thunder Bay; to learn about various topics in psychiatry and to consult on complex cases. Our Mental Health Services team also met twice virtually with Psychologist, Dr. Chris Mushquash for case consultation and education. He provided personal and professional knowledge regarding current caseloads of mental health workers and education on a number of topics provided by mental health employees to help better support clients in requested topic areas.



## ***Waasodii Omii'e Program***

The Waasodii Omii'e Program consists of two workers who provide land-based and cultural activities/programming, as well as the delivery of Pre-Treatment and After-care Services for individuals addressing their substance using behavior. Additionally, the Waasodii Omii'e program staff have supported with crisis response services within communities when required. A total of 760 contacts have been made with individuals cumulative since April 1, 2021.

On October 12 the Waasodii Omii'e began delivering Pre-treatment and After-care programming 4 days a week. Sessions were held centrally at the Behavioural Health Services building in Fort Frances. Pre-treatment programming was offered on Monday and Wednesday afternoons and a total of 8 individuals attended the sessions. After-care programming was offered on Tuesday and Thursday afternoons and a total of 3 individuals attended the sessions.

On November 3 & 4, the Waasodii Omii'e program hosted a Bear Grease Rendering workshop at the teaching lodge behind Behavioural Health Services building. Participants received teachings about the traditional uses of Bear Grease for their personal healing. As well, participants were able to help in the preparation, rendering and storage of bear grease. There were a total of 12 participants over the two days.





On November 23rd, Waasodii Omii'e program staff coordinated along with community partners to host a National Addictions Awareness Week awareness walk. The theme this year was "Driving Change Together". Many of the women who gather twice a month for Women's Hand-drumming led the walk with song, smudge and prayer. The walk wrapped up at the Behavioural Health Services building where the sacred fire was lit.



Those who attended the walk could offer asemaa (tobacco) to the fire in honour of those who have lost their life to substance use disorders. Approximately 60 people attended the walk.

On December 2nd program staff supported the Memengwaawag programming with the MMIWG+ tree lighting ceremony. Many of the women who regularly attend women's hand drumming gathered to sing and drum at the event.

Waasodii Omii'e presented information on Pre-treatment and After-care programming at the Couchiching Treatment Support Services client pancake breakfast on the morning of December 3rd. A total of 19 individuals participated.

Waasodii Omii'e supported Elders and Knowledge Keepers who provided Cedar Baths at the Behavioural Health Services Building on the evenings of December 8 & 9.

On December 15th the workers presented to a class of 10 Anishinaabemowin post-secondary learners at Seven Generations Institute. Strategies and tips were provided to students encouraging healthy choices around substance use and encouragement to get outside during the holidays for some land-based activities.

Waasodii Omii'e coordinated Women's Hand Drumming and offered bi-weekly for women and girls. A local knowledge keeper facilitates hand drumming sessions and women are given teachings about the songs and the story behind them. Women's Hand Drumming acts as an after-care activity as women are offered the opportunity to make and practice singing with a hand drum while attending residential treatment.

Waasodii Omii'e also assisted with our Cultural Community Support program in the coordination of Men's Drumming offered bi-weekly for men and boys. This provides an opportunity for men to come and practice singing traditional songs with Aazhiwe Giizhik the organization's big drum. In December the group spent a couple of afternoons recording songs in the basement of the Behavioural Health Services building.

Waasodii Omii'e also provided the coordination of Full Moon Ceremonies offered monthly for women and girls and did so throughout the 3rd quarter. Elders and Knowledge keepers pass along teachings and the group make offerings to the sacred fire. The Full Moon Ceremony also acts as an aftercare activity, as a Full Moon Ceremony is offered while women attend residential treatment. A total of 17 individuals attended the Full Moon Ceremonies in October and November. The December Full Moon Ceremony was cancelled due to organizational closure for the holidays.



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

The Cultural Community Support Worker has been supporting communities by providing support for ceremonies gathering and gifting grandfathers for sweat lodge ceremony, wood for sacred fires and medicines to Elders and those in need. A total of 316 direct contacts with clients have been made cumulative since April 1, 2021. Coordination and scheduling of drummers as needed was also supported by the Cultural Community Support Worker throughout the quarter.

Men's drumming nights resumed within the 3rd quarter as well. Approximately 7 men met bi-weekly for drum circles and learning. Supporting the men in learning traditional songs and drumming is an ongoing role of the cultural community support worker.

Our Cultural Community Support Worker continued to provide support to the Fort Frances Jail throughout quarter 3 by bringing the inmates medicines and providing teachings when asked of the correctional staff.





## ***Mental Wellness Program***

From October to December the Mental Wellness workers provided counselling services to clientele and continued to assisting in covering the Mental Health Direct Line on a rotational basis. A total of 323 direct client contacts have been made cumulative since April 1, 2021.

On October 6th and 7th they provided support by helping Seven Generations with their Fall Harvest They helped run the bird cleaning & cooking tent and promoted FFTAHS services to the staff from other organizations who were in attendance.

On October 14/15 the Mental Wellness team were in Rainy River First Nation attending their Fall Harvest. They provided wood to keep the sacred fire going for the duration of event. They also provided assistance by being the fire keepers for both days.

On October 19th Mental Wellness completed the Incident Management Systems training Level 1 offered with Social Emergencies programming and on November 17 Mental Wellness completed the Incident Management Systems 200 course Level 2 of IMS training which was more in depth on roles of resources and how to coordinate response to environmental emergencies/disasters The workers have learned the skills on how to manage and coordinate response teams for environmental emergencies/disasters from this training.

On November 3rd Mental Wellness helped in picking up camper the from Onigaming that was borrowed over the summer to provide an additional office space to deliver services from FFTAHS staff due to a fire that happened at the Health Centre.

On November 4th and 5th our Mental Wellness team attended Anishinaabeg of Naongashiing for crisis response. Counsellors responded to the community for 2 days in response to a tragic loss.

During the month of October and November a Grief Edu-Therapy workshop was held in Mitaanjigamiing First Nation. Eight participants from the community attended and completed the 8 session program to help understand and process unresolved grief.

From November 16-18 Mental Wellness Workers participated in the First Peoples Wellness Circle Virtual National Gathering. A number of workshops over three days were completed in learning how to help support community wellness workers.

A presentation on November 23rd and November 26th presentations occurred in two of the communities involving our Mental Wellness Workers and Social Emergencies Coordinator as they collaborated to promote mental health mobile apps (BeSafe, Lifeguard & Breaking Free) which offer another form of education and resources to support communities. A total of 23 were in attendance at these presentations.

On November 23rd Mental Wellness attended Naicatchewenin after hours for crisis response involving youth. They provided support for youth experiencing a self-harm crisis. 6 youth and 3 adults attended and voiced community concerns.

Mental Wellness were in Seine River First Nation on November 29th providing a presentation and offering counselling support for their Family Violence Workshops. Mental Wellness workers and Social Emergencies Coordinator collaborated again at this time to promote mental health apps (BeSafe, Lifeguard & Breaking Free) to offer education and resources.

A virtual Christmas event was held on December 1st-14th called "10 days of Nishmas" where community members could participate daily virtually for 10 days for a chance to receive prizes for participation in daily activities provided. Mental Wellness offered wellness tips to stay healthy at the time of each draw.



On December 7th & 9th Mental Wellness participated in Canadian Red Cross Virtual Workshops offering educational sessions and resources on calming techniques, coping skills, and healthy online relationships geared towards youth.

On December 8th Mental Wellness coordinated and held a youth healing circle in response to youth involved in the tragic loss of a RRFN youth. 6 youth 1 adult in were in attendance along with elders traditional healers/helpers.

### ***Memengwaawag Anti-Human Trafficking Program***

The Memengwaawag Program continued to collaborate with the Treaty Three Police Services Spirit of Hope program during the quarter and provided presentations to the communities of Rainy River First Nations, Anishinaabeg of Naongashiing and Mishkosiminiziibiing (Big Grassy) First Nation. Approximately 70 youth and some adults and school personnel attended the awareness presentations.

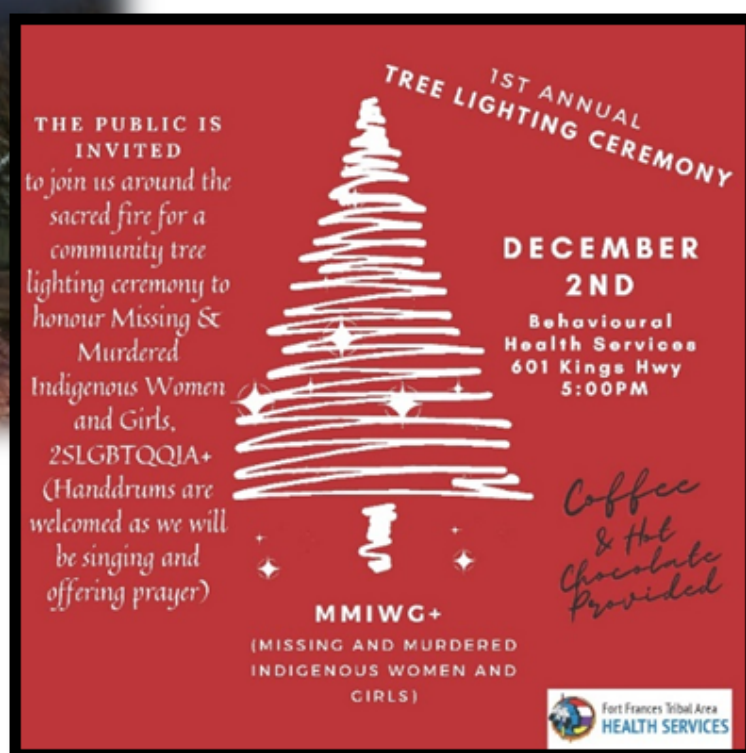
Our Memengwaawag Wellness Coach/Case Manager along with our Sexual Assault Nurse from the Withdrawal Management program have responded to and supported 18 clients cumulative since April 1 with direct service who were experiencing some form of human/sex trafficking. Outreach services began which involved our Wellness Coach/Case Manager participating in the RAAM (Rapid Access to Addictions Medicine) Clinic assisting the Sexual Assault Nurse and Riverside Counselling with the programming.

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 throughout the quarter. Our Wellness Coach/Case Manager completed all training requirements for Polar Bear Women's Healing training program. ASIST Suicide Intervention Training was also completed by the worker to support clients who have been experiencing suicide ideation or are of high risk for suicide.



Participation and support was offered to the Rainy River District School Board regarding the development of Anti Human/Anti-Sex Trafficking protocol for students and staff during the 3rd quarter.

On December 2nd the Memengwaawag program supported our tree lighting ceremony held at the Behavioural Health Services Building. The tree was adorned in red lights in honour of MMIWG. Opening prayers were held along with drumming and song. Hot Chocolate and Tea were handed out to keep those who gathered warm. Approximately 30 individuals were in attendance. Each light represents a missing and murdered indigenous woman or girl who will now be honoured at this annual event.



# MINO AYAA TA WIN HEALING CENTRE

## *Withdrawal Management and Residential Treatment*

Since April 2021 Mino Ayaa Ta Win Healing Centre has served 25 clients in our Inpatient Treatment Centre and 84 clients in our Withdrawal Management Services. This quarter we held one inpatient cycle and one outpatient treatment cycle due to increasing challenges with COVID restrictions.

Mino Ayaa Ta Win was able to bring in Elders and Knowledge Keepers to provide Traditional teachings to our clients. These teachings include:

- Full Moon Teachings
- Ribbon Skirt Making
- Traditional Parenting
- Women's Teachings
- Women's Hand drumming
- Water Teachings
- Sharing of Sobriety Stories from Elders

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 working with Dr. Carfagnini, who is an Addiction Doctor from the RAAM Clinic in Thunder Bay. He has been doing a series of clinics for our RAAM clinic and has been able to induct individuals on Opioid Agonist Therapy. We are also excited to share that Dr. Gustafson has joined our RAAM team and is also providing clinic time.

We continue to work 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.

