

ELSIPOGTOG HEALTH & WELLNESS CENTRE ANNUAL REPORT 2023-2024

EPTJILAASI

I am very pleased to present this year's 2023-2024 Elsipogtog Health & Wellness Centre Annual Report to our Community.

I would also like to express our gratitude to our community members and our elected leaders, Chief and Council, for your ongoing support in the health and wellbeing of our community.

Throughout this fiscal year, the construction of our new renovation continued. We worked hard to continue to offer our services at temporary locations during this time. We thank you for your patience during this process and are very excited to welcome you to our newly improved space this spring.

Our commitment to client-centered care remains strong and we continue to grow and strengthen our relationships with our internal and external partners and with our community members.

I am very grateful for the continued professionalism, teamwork, and commitment of our EHWC staff members and managers, as we continue our efforts to maintain the status of "Accreditation". In September 2024 we will be undergoing our next accreditation survey

process.

The designation of "Accreditation" means that the Elsipogtog Health and Wellness Centre, has met over 600 national standards of health and wellness care, and we are now considered a Centre of Excellence. This important success reflects the collective efforts of all EHWC staff, including the leadership demonstrated by EHWC Managers.

Your support and participation in our programs and services is what keeps us going.

Yours in Good Health,

Natasha Sock

Director of Health



EHWC MISSION & VISION

EHWC Mission

We believe in the promotion and provision of holistic health and wellness services, responsive to our community's needs to affirm confidence, pride and self-responsibility.



EHWC Vision

In a healthy community...

- Good things are visible
- People express healthy feelings
 - All ages contribute
- People have strong values



HEALTH INFRASTRUCTURE

HEALTH PLANNING & QUALITY MANAGEMENT

- **Management**
 - Manager’s Team
 - Accreditation
- **Health Services Delivery**
- **Planning**
- **Client Support**
- **Program Support**
- **Staff Support**
- **Leadership & Governance**
- **Professionalism**
- **Financial Management**
- **Accountability**
- **Advocacy, Partnerships & Relationships**
- **Communication**
- **Facility Management**
- **Facilities**
- **Human Resource Management**
- **Health Information Management**
- **Quality Improvement & Assurance**
- **Cultural Awareness**

Highlights

- New extension and renovation work.
- Continue to offer services during renovations.
- Accredited with Accreditation Canada since 2015
- Continue to follow and maintain Accreditation Standards
- Face to Face meetings
- Staff trainings

PARTNERSHIPS

Internal Partners

- Chief & Council
- Elsipogtog Departments
- Wellness Committee

External Partners

- Health Canada
- FNIHB
- APC
- MAWIW
- Province of NB Department of Health and Department of Social Development
- Province of NB Department of Justice
- Elsipogtog PharmaSave

- Vitalité Health Network
- Horizon Health Network
- RCMP
- Crime Prevention
- United Way
- FN Health Directors
- NB FN Communities
- NB Public Health
- Restorative Justice Panel
- Access NB
- Department of Public Safety

COMMITTEES

Internal Committees:

- Wellness Committee
- Manager’s Team
- Clinical Health Team
- Opioid Dependency Maintenance Treatment Wrap-Around Program Team
- Needle Distribution Program Team
- Home & Community Care Program Team
- Maternal & Child Health Team
- Mental Health, Crisis & Addictions Team
- Health Information Management Team
- Healing to Wellness Court
- Elsipogtog Pre-Court Team
- Justice Working Group
- Victims Services Case Management Team

External Committees:

- First Nations & Department of Health
- Horizon/Vitalite/First Nations Liaison EHWC Partnership
- Mawiw Inc.
- Provincial Working Group on Aboriginal Victims of Crime
- NB Advisory Committee & Interdepartmental Working Group
- NB Roundtable on Crime and Public Safety
- Diversion Case Management Team
- Suicide Prevention Committee
- Early Childhood Development Steering Committee



PRIMARY CARE CLINICAL & CLIENT CARE

Highlights

- Improved clinical area (renovations)
- STI testing, contract tracing, treatment and education done
- Cases of Chlamydia, Gonorrhoea and Hepatitis C
- Pap test, contraception counselling
- 609 clients visited at Ste Anne or Georges-Dumont Hospital by the FN Hospital Liaison Worker

Program Statistics:

• Clients seen by RN's	2609
• Clients seen by NP	2299
• Phlebotomy clients	1861
• No Show Appointments	276
• Clients left without being seen	19
• Foot Care Appointments	237
• No Show for Foot Care appointments	36



Range of Services:

• Clinics and Walk-in Services

- Foot care clinic
- Pre-natal clinic
- Pap test clinic
- First Aid walk-in
- Diabetes management
- Walk-in immunizations
- On-site dietitian
- On-site doctors
- Methadone Maintenance Treatment Program

• Screening and Testing

- Pregnancy testing
- Health risk screening and monitoring
- Diabetic screening
- FASD screening
- Phlebotomy
- Follow-up

• Women's Health Clinic

- Pap testing and screening
- Contraception counseling and prescriptions

• Youth Sexual Health Clinic

- Clinical services
- Counseling
- Diagnosis
- Treatment
- Contact tracing
- Educational Health issues

• Addictions/Methadone Clinic

- Screening
- Assessments
- Referrals
- Crisis intervention
- Mental Health Intervention

• FN Hospital Liaison Worker

- Admissions Assistance
- Client Advocacy
- Staff cultural awareness
- Case management

HOME & COMMUNITY CARE PROGRAM

Highlights

- Staff training continues
- Covid 19 and Influenza vaccines offered in clients homes
- Hand & Hygiene audits done to all Home Care Staff
- Submitted proposals for repairs for residents
- Equipment rental
- Co-organized, Elder's Wellness Day, Women's Wellness and Men's Wellness Day

Program Statistics:

- 41 clients accessing Home Care Services
- 18 Long-term Clients
- 20 Elder Care Clients
- 11 Foot Care Clients
- 8676 Home Care Service Visits
- 183 Nursing Care Visits



RANGE OF SERVICES

- Home Nursing
- Home Management
- Personal Care
- Therapeutic Services
- Spiritual Care
- Case Management



HEALTHY CHILD DEVELOPMENT

ABORIGINAL HEAD START ON RESERVE OUTREACH/HOME VISITING

Program Statistics:

- 25 children in outreach/home visiting program



Range of Services:

- OUTREACH/Home Visiting
- Growing Great Kids Program
- Education
- Health promotion
- Social support
- Parental and family involvement

MATERNAL & CHILD HEALTH

Range of Services:

Maternal Child Health

- Pre-Natal
- Post-Natal
- Early childhood
- Education classes
- Post Natal benefit program
- Hearing and vision screening
- Child safety
- Family Resource Centre
- Breastfeeding support
- Home visitor program
- "Growing Great Kids" program



Program Statistics:

- Births 37
- Home visits 216
- Prenatal classes 5
- Post-natal groups 164

CANADA PRENATAL NUTRITION PROGRAM

Program Statistics:

- Pre-natals (pregnant) 62
- Still pregnant 13
- Breastfeeding 54
- Food vouchers weekly
- Milk vouchers weekly



Range of Services:

- Nutrition Screening
- Nutrition Counseling
- Nutrition Education
- Maternal Nourishment
- Vouchers for food
- Traditional teachings
 - Cooking classes
- Breastfeeding promotion, education and support
 - One-on-one
 - Group

CHILDREN ORAL HEALTH INITIATIVE

Range of Services:

- Fluoride varnish
- Dental sealants
- Oral health education
- Prenatal classes
- Oral health counseling
- Linkages with dental services
- Alternative Restorative Treatment (A.R.T.)



HEALTHY LIVING COMMUNITY HEALTH PROMOTION & INJURY/ILLNESS PREVENTION

Range of Services:

- Community Health
 - School Health
 - Nutrition Support
 - Home and Social Health
 - Lifestyle Programs
 - Home Visits
 - Special Services
 - Monthly activities

Highlights

- Client referrals for Diabetes Education has tripled in the past 5 years
- Up-grades, purchase of supplies and equipment at the Fitness Centre
- 3 Safety Equipment Inspections done at the Fitness Centre

Program Statistics:

- 1 Wellness Events
- 11 Elder Events
- 32 Educational Bingo's held with total of 393 participants
- Visits at the Homeless Shelter were started in September

ABORIGINAL DIABETES INITIATIVE

Program Statistics:

- 198 clients scheduled appointments with Diabetes Educator , 60 No Show's, 138 clients seen
- 134 Nutrition counselling sessions
- 1371 Active Members at Fitness Centre
- Over 8000 client accesses to the Fitness Centre



Range of Services:

- Food Security
- Nutrition counseling
- Lifestyle programs
- Diabetes Education Sessions
- Foot care
- School Health education

PUBLIC HEALTH PROTECTION COMMUNICABLE DISEASE CONTROL

Range of Services:

- Immunizations
 - Childhood
 - TD boosters
 - Flu vaccines
- High-Risk Illnesses
 - AIDS awareness
 - Hep C
 - Contact tracing
 - High-risk monitoring
 - Safe sex education
 - STD contact tracing
- Nurse certified to give childhood Immunization



Program Statistics:

- Flu vaccines 265
- COVID-19 vaccines 93

ENVIRONMENTAL HEALTH

Program Statistics:

- Water Testing done at 5 different locations i
- Total Water Testing Done 252
- Housing Inspections done

Range of Services:

- drinking water
- wastewater
- housing
- food safety
- facilities inspections
- solid waste disposal
- environmental communicable disease control
- emergency preparedness and response

MENTAL HEALTH & ADDICTIONS TREATMENT SERVICES

Range of Services:

- Crisis Intervention Counseling
 - Psychological Assessment
 - Abuse/Violence counseling
 - Relationship counseling
 - Substance Abuse counseling
 - Stress management
 - Parenting Referrals
 - Mental Health awareness
 - Child, Adolescent & Adult services
- Support for related initiatives
- Healing Network Indian Residential School (IRS)



Highlights

New Mental Health Clinician hired in July 2023, provides Mental Health & Addictions support to clients

Indigenous Male Mental Health Clinician hired in September 2023

Orange Shirt Day held at the end of September 2023 was a huge success with over 300 people in attendance. All former students spoke about their experience at the Indian Residential School

NAYSPS Coordinator hired in January 2024 and trained to start Proud of Who We are workshops with school students

Community Crisis Outreach Worker/Supervisor & Mental Health Clinician still awaiting dates for ASIST Train the Trainer Training

Program Statistics:

CLIENTS	803
• Anxiety	151
• Stress reduction	103
• Depression	81
• Family crisis intervention	8
• Trauma	135
• Sexual abuse	4
• Complicated grief	118
• Suicide risk assessment	11



COMMUNITY CRISIS RESPONSE

Range of Services:

- | | |
|--|--|
| <p>Crisis Risk Control</p> <ul style="list-style-type: none"> • Risk assessments • Crisis helpline • Case management • Suicide risk monitoring <p>Crisis Response</p> <ul style="list-style-type: none"> • Crisis response plan • Trauma counseling • Suicidal outreach | <ul style="list-style-type: none"> • Tragic event response team <p>Crisis Post-vention</p> <ul style="list-style-type: none"> • Grief recovery • Grief counseling • Critical incident debriefing • Post-vention referrals • Case management <p>Ancestral Footsteps</p> |
|--|--|

Program Statistics:

Community Crisis Response

• Total number of calls	434
• Crisis Calls	232
• Assistance	99
• Both Crisis & Assistance	7
• Information calls	27
• Other	27
• Follow-ups	42
• Crisis Response Team	0
Suicide Prevention & NAYPS	
• Cultural camps	0
• Assist Workshops	0
• School presentations	2
• Proud of who we are	6

COMMUNITY JUSTICE SERVICES

Program Statistics:

Restorative Justice

- Referrals 29
- Apigsigtoagen/Reconciliation 2
- Healing Circle 25
- Sentencing Circles 3
- Continuum of Care/Follow up 0
- Community Support/Grief 4

Victims Referrals

- Referrals 195
- Court Preparation 12
- Court Support 12
- Victim Impact Statements 75
- Compensation 15

Highlights

Healing to Wellness Court clients participated in Cultural activities such as becoming Firekeepers, Sweatlodge ceremonies, Apigsigtoagen circles, and community ceremonies.

Healing to Wellness Client started GED, completed the program, and continued education to complete in June.

Three youth successfully completed the Healing to Wellness Program.

Justice Team attended Elsipogtog School and Bonar Law Memorial School for multiple presentations on Healthy Relationships Sextortion and Law.

Justice support and Domestic Violence Outreach started a Women's Support group.

Justice staff attended the Hope Restored Conference.

Domestic Violence Outreach started the Domestic Violence Awareness Book Club.

Domestic Violence Outreach held the "Wear Red" Campaign for MMIWG.

Restorative Justice held Conflict Mediation, Family Mediation and Grief Circles for the community.



Range of Services:

- Mediation
- Restorative Justice Sentencing circles
- Victim's Services
- Apigsigtoagen
- Group conferencing
- Family support
- System referrals
- Native probation worker
- Probation

ALCOHOL & DRUG PREVENTION

Range of Services:

- Addiction Services
 - Methadone clinic
 - Traditional ceremonies
 - Awareness sessions
 - SASSI assessments
- Counselling
- Detox referrals
- Alcohol & Drug Treatment Centre referrals
- After-care follow-up



Highlights

- 1131 Clients seen for Methadone
- 1172 client visits for the Needle Exchange Program

Program Statistics:

Primary Intervention

- Community Awareness 5
- Special events 1

Secondary Intervention

- Traditional Care/Sweats 45
- Anger management 2
- Needle Distribution 52
- Narcotics anonymous 0
- Restorative Justice circles 3

Tertiary Intervention

- Adult counseling 282
- Youth counseling 24

COMMUNITY WELLNESS & DEVELOPMENT

Range of Services:

- CLCD
 - March Break Programming
 - Summer Camp Programming
 - Mini Powwow
 - Halloween Party
 - Safe Space Drop-in Centre
 - Shawl Dancing lessons
 - Jingle Dancing lessons
 - Beading Classes
 - Drumming Classes
 - Elder-Youth Sessions



Community, Leisure, and Culture Development (CLCD) provides recreational, sport and cultural services to the community. CLCD provides a weekly drop in service for youth ages 7–18 called “Safe Space”. Staff also run a March Break program, seasonal activities and events, and a 6 week summer camp program for youth. CLCD provides sports events and leagues, cultural dances and craft classes and many other cultural related events and activities. It also organizes and implements community events of Elsipogtog First Nation.



Highlights

- Safe Space Drop-in Centre successful
- Successful Summer and March Break camps