

EHWC Internal Committees:

- Management Team/Quality Improvement Team
- Clinical Team—Care Facilitation
- Maternal & Child Health/AHSOR—Care Facilitation
- Mental Health & Addictions—Care Facilitation
- Opioid Replacement Therapy—Multi-disciplinary Team
- Early Childhood Development Committee
- Justice Advisory Committee
- Justice Working Group
- Wellness Committee



Elsipogtog Health & Wellness Centre

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Elsipogtog Health & Wellness Centre

Nepisimegeoôgoôm



Health Services Mission

**“We believe in the promotion and provision of
wholistic health and wellness services,
responsive to our community needs, to affirm
confidence, pride and self-responsibility.”**



Vision Statement

In a healthy community, The community gets its...

- Energy, hope and pride from its youth
- Stability, strength and leadership from its adults
- Wisdom, patience and identity from its elders.

People embrace the value of...

- Family and community
- The unique contribution of every person
- A holistic, balanced approach to health
- Culture, traditions and history
- Connections to the Creator, each other and every living thing.

Community members express themselves in healthy ways...

- By leading active, healthy lives
- With actions that express self-worth and a hope for the future
- With trust and acceptance when people need to speak, &
- By celebrating their heritage and honoring their elders.

Good things are visible...

- The environment & living spaces are safe, clean & uncrowded
- Community activities are healthy, respectful & safe
- There is a good economy with meaningful employment
- Gifted and inspired youth act in the present and create the future
- People have hope for the future, are determined and work together
- Ceremonies and monuments celebrate a rich culture and history
- The facilities, land, resources and leadership are there to enable community members to act on their desires for a healthy life.

**WELLENES & JUSTICE****Tammy Thompson, Wellness & Justice Manager**

Our goal is to support and assist community members who face mental health challenges or who must deal with crisis or injustice, in ways which promote spiritual and emotional health and healing.

- **Mental Health:** Clinical Assessment & Counselling
- **Addiction Services:**
 - Opioid Replacement Therapy Clinic,
 - Traditional Ceremonies,
 - Awareness Sessions,
 - Support Groups,
 - SASSI, Assessment,
 - Counseling, Detox & Treatment Referrals,
 - After Care Treatment
- **Crisis Centre:** Telephone support; outreach.
- **Suicide Prevention:** Resiliency activities for youth and community.
- **Safe Space and Elsipogtog ACCESS:**
 - Youth activities (jingle dance, culture, physical activity),
 - Mental health outreach

Justice Services

- **Healing to Wellness Court:** First Nation community based provincial court dealing with offenders who have addictions issues (i.e. alcohol or drugs) or manageable mental health issues. It is part of a healing/treatment process.
- **Restorative Justice (RJ):** The main objective of the Elsipogtog Restorative Justice Program is to find peaceful solutions and ways to satisfy the people affected by crime and ensuring that justice was done. Victim Services is also included under RJ. It's goal is to assist and support the healing and recovery of victims of crime, be it physical, spiritual mental and/or emotional, in ways which promote the spiritual health of the community.
- **Probation:** Provincially Funded Program
- **Domestic Violence Outreach:** Ensures that services are provided and accessible to clients in the community and connects them to existing resources. Provides awareness of culture, history and current realities of this issue.

**MATERNAL AND CHILD HEALTH****Lee Ann Sock, Nurse Manager**

- Universal home visits to all new mothers and their babies
- Child/youth development
- Pre and postnatal classes and groups
- Breastfeeding support
- Healthy Toddlers Assessments and follow-ups in collaboration with Headstart and school entry programs
- Outreach using "Growing Great Kids Curriculum" with parents until the child turns 3 years old
- Intensive outreach programs for mothers (pre and post-natal) until the child turns 2 years old.

Children's Oral Health Initiative (COHI)

COHI provides dental services to children from birth to age seven including education and awareness to parents/caregivers and expectant parents in hopes of helping children build and maintain healthy smiles.

HOME & COMMUNITY CARE**Renelle Chevarie, Nurse Manager**

Our goal is to increase the number of well cared for community members with chronic or acute health problems who are able to live independently in their own homes. (Not a duplication of Extra Mural services.)

- **Nursing Services:** Health monitoring, post-surgical monitoring, medication review, flu shots, specialized foot care services, client & family support teaching, advocacy & referrals
- **Personal Care:** Risk factor monitoring, teaching & counseling, skin & foot care, range of motions exercise, speech therapy, respite care, palliative care, & alternative therapies
- **Home Management:** Medical equipment loan depot, light housework, child & baby care for postnatals, meal preparation & social activity assistance
- **Elders Visits:** Informal contact, games/crafts, conversations
- **Home Safety Assessments:** Bathroom assessments (OT & PT), medication review, in-depth fall assessment, medical equipment inspection & repair, advocacy
- **Case Management:** Client needs assessment, individual care plan, self-reliance strategies, post-surgical assessment, case conferencing, chronic care visits, medication monitoring, hospital discharge planning
- **Meal Program**

**HEALTH ADMINISTRATION & SUPPORT****Natasha Sock, Director of Health**

Our goal is to enable staff to accomplish their highest potential in their work by offering direction, coordination, support systems and opportunities for personal and professional development.

- **Leadership & Governance:** Build capacity, facilitate & employ team centered approach, C&C liaison, gov't relations
- **Professionalism:** Accreditation Canada, code of conduct & ethics policies
- **Advocacy, Partnerships & Relationships:** Create & sustain
- **Human Resources Management**
- **Financial Management & Accountability:** Funding proposals, reporting, audits
- **Quality Improvement & Assurance Team:** Workplans, indicators
- **Planning & Management:** Management Team, Wellness Committee
- **Communication:** Surveys, website, social media (FB), reports
- **Cultural Awareness:** Knowledge and understanding of cultural values by applying 7 sacred teachings: Trust, Respect, Honour, Honesty, Humility, Courage, and Truth; Traditional Ceremonies
- **Facility Management:** Expansion, scheduling, operations & maintenance, inventory, capital asset replacement
- **Information Technology (IT) Management:** Computers, safe and secured server, software, hardware
- **Health Information Management (HIM):** Technology plan, indicators; EMR, privacy and confidentiality policies
- **Client Support:** Reception, advocacy, scheduling, referrals
- **Staff Support:** Orientation, supervision, meetings, trainings, self-care



**COMMUNITY HEALTH/PROMOTION AND CLINICAL SERVICES****Lee Ann Sock Nurse Manager**

The goal of the program is to offer a broad range of community-based activities that enhance health and well-being. This is accomplished through community awareness events and individual health counselling. These include:

- Injury prevention
- Healthy eating
- Physical activity
- Tobacco control
- Healthy aging/Chronic disease prevention and management
- Health protection (e.g. communicable disease)

Clinical Services

Our goal is to provide a warm, welcoming and professional atmosphere where community members can have their health and information needs met in a timely, client-centered, and culturally sensitive way.

- Appointments and walk-in's
- Family Physician and Nurse Practitioner Services
- Clinical Nursing Services
- Dietitian Services
- Diabetes Case Manager Services
- Foot-Care Clinics
- Pre-natal Clinics
- Phlebotomy Services
- Client Support & Navigation: Booking and scheduling appointments, Advocacy, Referrals, Non-Insured Health Benefits Navigation

Opioid Dependency Maintenance Treatment Wrap-Around Program

- Care facilitation through multi-disciplinary team
- Evaluation and intake assessments
- Methadone/Suboxone/Sublocade treatment plans and referrals
- Counseling/traditional ceremonies/group sessions
- Drug Screening

Immunization

Our goal is to reduce the incidence of vaccine preventable diseases through:

- Routine scheduled immunization for children from birth to 6 years of age
- School immunization
- Adult immunization
- Flu vaccine clinics
- Community awareness sessions

**Communicable Disease Control**

- Reduce the incidence and spread of disease through screening, diagnosis, treatment, immunization, contact tracing, education, counseling, follow up and community awareness.
- Provide service for people at high risk for HIV and other blood borne and sexually transmitted infections.

Aboriginal Diabetes Initiative (ADI)

- **Diabetes Education**

A Certified Diabetes Educator provides diabetes prevention & management programming including:

- One-on-one individual counseling sessions.
- Activities focusing on healthy eating and physical activity with school aged children.
- Monthly diabetes education activities for adults and elders.

- **Nutrition Services**

A registered dietitian is on site to provide among others:

- Individual and group counseling in nutrition and diet therapy in all areas and across all age spans.
- Nutrition programs and services aimed at fostering change around eating habits to prevent and manage chronic diseases.

- **Elsipogtog Fitness Centre**

- Open to all community members free of charge.
- A Certified Fitness Trainer is on site.

Community Health Education

Healthy lifestyle and education programs aimed at disease prevention.

- Wellness Days (Women's, Men's, Youth, Senior's, etc.)
- Health education and awareness (social media postings, group sessions, events)

Environmental Health

- Community based water monitoring
- House inspections upon request

First Nation Hospital Liaison

- At Georges-L. Dumont & Stella Maris the Kent Hospitals
- Client Services & Advocacy