



ELSIPOGTOG HEALTH & WELLNESS CENTRE

Annual Report 2025-2026

EPTJILAASI

I am pleased to share the 2025–2026 EHWC Annual Report with you all, our community.

Thank you to our Elsipogtog community members and to Chief and Council for your continued support. Together, we are continuing to assist in make our community healthier and stronger.

This year, the EHWC continued to provide quality improvements in health and wellness services. We remained focused on caring for the physical, mental, emotional, and spiritual well-being of our people.

We were proud to offer **Cultural Healing Nights** and **Solstice Healing Weeks**, where community members could come together to learn, heal, share, and connect with our Mi'kmaq culture and traditions. These gatherings remind us that CULTURE is an important part of our wellness and healing.

Our commitment to client-centred care remains strong. We continue to work closely with community members, staff, Elders, and our partners to improve pro-

grams & services and meet the changing needs of our community and meeting our client's where they are at.

I am extremely grateful for the hard work, kindness, and dedication of our EHWC staff and managers. Because of their efforts, the EHWC achieved Accreditation with Exemplary Standing, the highest level awarded by Accreditation Canada. This means our centre meets over 600 national standards and is recognized for providing excellent care and services, so that we may offer more opportunity for our clients.

Thank you to everyone who participated in our programs, events, and services throughout the year. Your support, feedback, and involvement help us continue to grow and succeed.

Together, we are building a healthier future for Elsipogtog.

Yours in Good Health, Oelaalieg,

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

HEALTH INFRASTRUCTURE

Health Planning & Quality Management

Leadership & Governance Team:

- Director of Health
- Manager's Team
- Team Leads

Our services:

- Health Planning
- Health Services Delivery
- Client Support
- Health Information Management
- Information Technology (IT)
- Human Resource Management
- Financial Management
- Facility Management
- Accreditation
- Advocacy
- Partnerships & Relationships
- Communication
- Quality Improvement & Assurance
- Cultural Safety & Competency
- Professionalism
- Accountability



Highlights

- 10 new positions created
- Community health needs assessment survey
- Increased collaboration with Health Networks
- All-staff visioning and workplanning session
- Certified First Nation Health Managers (2 graduates)
- Certified Indigenous Human Resources Professional (5 graduates)
- Reiki Certification (8 graduates)
- All-staff Protecting Privacy Information, Cyber Awareness and Cultural Humility Training
- Increased staff wellness supports

Key Partnerships

Community Partners

- Chief & Council
- Elsipogtog Departments
- Wellness Committee
- Oeliangitasoltigo Mental Wellness Team (OMWT)
- Elsipogtog Pharmasave



External Partners

- Indigenous Services Canada (ISC)
- Sankewitahasuwakon (Health Transformation)
- MAWIW Tribal Council
- First Nation Health Directors
- Atlantic Policy Congress (APC)
- Vitalité Health Network
- Horizon Health Network
- Extra-Mural Program
- NB Public Health
- Canadian Mental Health Association, NB
- Province of NB
 - Dept. of Health
 - Dept. of Social Development
 - Dept. of Justice
 - Dept. of Public Safety
- RCMP
- United Way

Clinical Health

Our Team

- Physicians
- Nurse Practitioners
- Clinical Nurses
- Foot Care Nurse
- Licensed Practical Nurses (LPN)
- Diabetes Case Manager
- Dietitian
- Phlebotomist
- Medical Secretaries
- Receptionists



Our Services

- Health risk screening & monitoring (i.e. diabetes, cancer, hepatitis C)
- Chronic disease management (i.e. diabetes, heart disease)
- Non-urgent medical treatment (i.e. vitamin B12 injections, ear infections)
- First-Aid (i.e. wound management)
- Sexual health services (i.e. pregnancy testing, pap test, prostate exam)
- Opioid dependency maintenance treatment program
- Nutrition counseling
- Foot care
- Phlebotomy



Highlights

- Increased Staffing (i.e. Foot Care RN, Clinical RN, ORT NP)
- Increased RN Skills (i.e. wound care & pap testing)
- Increased Nursing Services
- Increased Diabetes Management Services
- Full-time Phlebotomy Services
- Walk-in Services
- Increased Collaboration (i.e. Richibucto Mental Health FACT Team)

Our Numbers

Service	Number of interactions
Nursing Care	2, 129
Opioid Dependency Maintenance Treatment	1, 213
Diabetes Case Management	150
Nutrition Counseling	163
Foot Care	344
Phlebotomy	1, 928

Communicable Disease Control

Our Services

- Child & adult immunizations
- Infectious disease surveillance
- Infectious disease outbreak management
- STI monitoring and contact tracing



Our Numbers

Service	# of vaccination/ Coverage rate
Influenza vaccines (flu shots)	183
Pneumococcal vaccines	22
% of 1-yr old children that are up-to-date on scheduled immunizations	92.8%
% of 2-yr old children that are up-to-date on scheduled immunizations	92.7%
% of 5-yr old children that are up-to-date on scheduled immunizations	82.6%
% of grade 7 students that are up-to-date on scheduled immunizations (i.e. HPV)	61.1%
Hep C vaccines	19



Environmental Public Health

Our Services

- Water sampling & monitoring
- Public health inspections
- Education & training
- Special projects
(i.e. pest control initiative)

Our Numbers

Service	# of Tests/Participants
Water sampling	167 tests
Pest control kits	200
Transportation of dangerous goods	5 participants
Food safety training	24 participants

Community & Cultural Health

Our Team

- Community Health Education Coordinator
- Community Dietitian
- Fitness Centre Worker
- Cultural Lands-Based Worker
- Traditional Knowledge Keeper
- Aboriginal Diabetes Initiative Consultant



Our Services

- Health education & awareness (i.e. social media postings)
- Diabetes Prevention (i.e. Diabetes Bingo Talks, Diabetes Month)
- Cancer Prevention (i.e. Cancer Awareness Day)
- Nutrition Program (i.e. Nutrition Month, School Meal Program)
- Wellness Days (i.e. Women's, Men's, Senior's, Youth)
- Lands-Based activities
- Cultural activities
- Tobacco Cessation
- Fitness Centre



Highlights

- Diabetes Month & Diabetes Journey
- Health Education & Awareness (i.e. cancer, heart health, nutrition)
- Traditional Food Cooking Classes
- Group Workouts & Fitness Challenges
- New facility—Medicine Lodge
- New Positions
 - Cultural Lands-Based Worker
 - Traditional Knowledge Keeper



Our Numbers

Event/Service	# of Participants
Open House	100
Women's Wellness Day	47
Men's Wellness Day	8
Seniors Wellness Day	35
Monthly Diabetes Talks	148
Cooking Classes	50
Emergency Preparedness Session	10
Fitness Centre	7, 726

Home & Community Care (HCCP)

Our Team

- Nurse
- Licensed Practical Nurses (LPN)
- Personal Support Workers (PSW)
- Home Support Workers
- First Nation Hospital Liaison Coordinator
- Indigenous Wellness Navigator
- Administrative Assistant



Our Services

- Client assessments
- Care coordination/case management
- Home care nursing
- Foot care services
- Home support services & home management
- Personal care services
- In-home respite care
- Palliative care services
- Access to medical supplies & equipment
- FN Hospital Liaison Worker services (i.e. client advocacy, family support)
- Client navigation (i.e. client support and advocacy)
- Meal Program

Our Numbers

Service	# of clients/visits
Program Access	48 clients
Home Care Services	10 258 visits
Nursing Care Services	404 visits
Foot Care Services (at home)	15 clients
Palliative Care	4 clients
Hospital Liaison	755
Meal Program	35 clients

Highlights

- **New Positions**
 - Client Wellness Navigator
 - Cook
- **New Service - Meal Program**
- **Increased Skills - PSW Certification**
- **HCCP vehicle**



Maternal & Child Health (MCH)

Our Team

- Nurses
- LPN
- Home Visitors
- Support Workers
- Dietitian
- Pediatric OT
- Speech Pathologist
- OT in Mental Health
- Elders/Knowledge Keepers
- Administrative Assistant



Our Services

- Pre & postnatal care services
- Indigenous Doula services
- Nutrition counselling & maternal nourishment supports
- Breastfeeding education & support
- Well-baby clinics
- Healthy toddler assessments
- Home visiting & Growing Great Kids program
- Cultural & traditional practices & supports
- Mental health supports
- Motor skills & speech development supports
- Community Oral Health Initiative (COHI)
- Fetal alcohol syndrome awareness
- MCH Trailer - Daily drop-in activities
- Baby consignment area

Highlights

- **New Services**
 - Pediatric OT
 - Speech Pathology
 - Early Words Program
 - Baby consignment area
- **MCH Trailer - Daily Programming**
- **Increased cultural & traditional practices**
- **Increased Skills**
 - Pre & Postnatal Doula Certification
 - Autism Assessments

Service	# of visits/events/clients
Pre & Postnatal Home Visits	328 visits
Doula Services	7 clients
Prenatal Weekly Group	48 sessions
Postnatal Weekly Group	48 sessions
MCH Trailer Events	115 events (July-March)
Healthy Toddler Assessment	19 clinics
OT Services	400 interactions
Speech Pathology Services	55 interactions
Nutrition Counselling	33 interactions
COHI Aid (0-3yrs)	31 clients
COHI Aid (4-7yrs)	60 clients

Headstart - Home Based Outreach Program

Our Team

- Early Childhood Development Coordinator
- Home visitors

Our Services

- Home visiting & Growing Great Kids program
- Cultural & traditional practices & supports

Highlights

- Parent-child attachment & bonding activities
- Speech development
- Hand-eye coordination development
- Access to OT services
- Language & culture activities

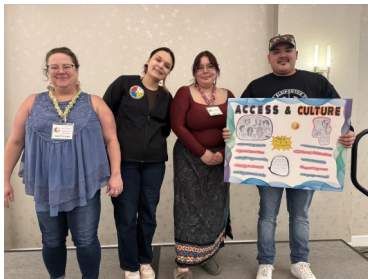
Our Numbers

Service	# of clients
Home visiting program (0-2yrs)	60

Youth Centre

Our Team

- Safe Space Workers
- Elsipogtog Access Workers
- Cultural Worker



Our Services

- Safe Space drop-in programming
- Safe Space summer camp
- Family activities & special events
- Elsipogtog Access services
- Elsipogtog Access drop-in programming
- Elsipogtog Access summer camp
- Cultural programming



Our Numbers

Service	# of participants
Safe Space	4, 269
Family Activities & Special Events	240
Summer Camp	223
Cultural Activities/Nights	120 (Jan - March)
Access Drop-In	175
Access Summer Camp	134

Highlights

- New Position - Cultural Worker
- Increased cultural initiatives
- Increased family involvement
- Increased mentorship & youth connection
- Life skills & self-care education
- Youth Support Group
- Improved workspace

Mental Health



Our Team

- Mental Wellness Clinicians
- OT in Mental Health
- RNs in Mental Health
- Elders/Knowledge Keepers
- MWT Cultural Support Worker
- Administrative Assistants

Our Services

- Mental health assessments
- Client care plans
- Mental health, trauma & grief counselling
- Care coordination/case management
- Group sessions (i.e. anger management)
- Cultural support services

Highlights

- Increased staffing and expertise (i.e. male clinician)
- Increased skills
 - Certified in Psychiatric & Mental Health Nursing
- Increased number of clients seen
- Mental Health Awareness Week
- Orange Shirt Day

Our Numbers

Service	# of interactions/ participants
Mental health counselling	1, 078 sessions
Trauma-Informed Cultural & Emotional Supports	4, 285 interactions
Orange shirt day	350 participants

Alcohol & Drug Prevention



Our Team

- Alcohol & Drug Prevention Workers
- RNs in Mental Health
- Harm Reduction LPN
- Elders/Knowledge Keepers
- Administrative Assistants

Our Services

- Alcohol & drug assessment
- Substance misuse counseling, intervention & prevention
- Treatment assessments, referrals & aftercare
- Rehab and detox preparation
- Individual & family counseling
- Needle exchange program
- Cultural support services

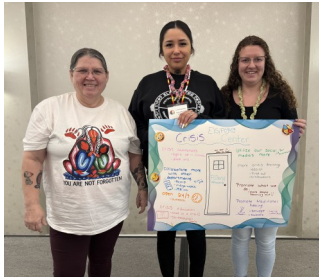
Highlights

- Increased staffing and expertise (2 new positions)
- Increased Skills
 - Certified Addiction Counsellor
 - Certified Wellbriety Circle Facilitators
- Increased outreach services
- Increased partnerships (i.e. shelter)

Our Numbers

Service	# of interactions
Treatment referrals	243
Needle exchange program	1, 278
Harm reduction outreach	49
Sweats	66
Auricular Detox Treatment	177

Crisis Center



Our Team

- Community Crisis Outreach Workers
- Community Crisis Line Workers
- NAYPS Coordinator
- Mental Wellness Clinician
- Administrative Assistant

Our Services

- Mental health, addictions & crisis help line
- Crisis intervention, outreach & aftercare services
- Crisis Response Team

Highlights

- Increased Crisis Line use (double the # of calls)
- Increased use of coping and cultural strategies
- Increased outreach supports
- Proud of Who We Are program delivery
- Increased client trust

Our Numbers

Service	# of interactions
Crisis Line Response	662 calls
Crisis Outreach	134 interventions
Proud of Who We Are	16 sessions

Justice



Our Team

- Restorative Justice Case Workers
- Justice Outreach Support
- Domestic Violence Outreach Worker
- Primary Case Manager HWC
- Probation Officer
- Elders/Knowledge Keepers
- Administrative Assistant

Our Services

- Restorative justice
- Domestic violence outreach
- Healing to Wellness Court
- Probation services
- Cultural support services

Highlights

- New positions
 - Restorative Justice Worker
 - Administrative Support Worker
- Emergency Intervention Orders (EIO) revamp – Victims Services
- Collaboration & community engagement
- Advocacy

Our Numbers

Service	# of interactions
Healing circles	16 circles
Community support circles	16 circles
Victim impact statements	72 statements
Court preparation & support	21 clients
Domestic violence outreach	64 clients

Four Directions

Our Team

- Project Coordinators
- Program Support Workers
- Language Specialist
- Elders & Knowledge Keepers
- Cultural Practitioners & Healers
- Fire Keepers
- Administrative Assistant

Our Pillars

- Heritage
- Language
- Culture
- Community Wellness



Our Numbers

Service	# events/participants
Language Classes	98 participants
Language Social	49 participants
Community Events (i.e. Elsipogtog Day)	8 events
Healing Nights	13 events (650 participants)
Healing Days	2 events (100 participants)
Healing Weeks	2 events (400 participants)
Bundle Program	15 youth + 10 adults

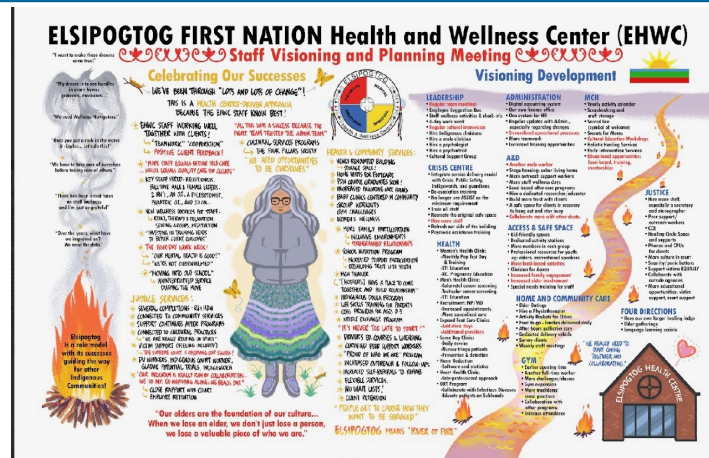
Highlights

- Sacred Fires
- Increased number and type of ceremonies
- After-hours programming
- Lands-based activities (i.e. hunting, fishing, crafts)
- Language revitalization
- Increased diversification of participants & ages
- Increased interdepartmental collaborations



Our 2022-2027 Priorities

Priority Area	Goal
1. Communicable Diseases	To prevent the occurrence and spread of communicable diseases.
2. Mental Health & Addictions	All Elsipogtog community members will have access to and benefit from a comprehensive and integrated program of mental health/wellness and addictions services that are client centered, community-based, and culturally appropriate.
3. Continuous Quality Improvement	To remain a progressive Health & Wellness Centre committed to sustaining and growing its capacity for continuous quality improvement, including patient safety, in health and wellness service delivery to the Elsipogtog community.
4. Maternal & Child Health	To improve the health outcomes of mothers, children, and families and support the development of children through enhanced, integrated, client centered, and culturally appropriate programs and services.
5. Chronic Disease Prevention & Management	To strengthen community, family, and individual capacity to adopt healthier lifestyle choices that supports effective chronic disease prevention and management.



Our Achievements (2022-2025)

- Effective COVID-19 pandemic response
- Service delivery improvements based on community input and data
- Increased substance use disorder education and supports
- Enhancements to the EHWC Opioid Dependency Maintenance Treatment Wrap Around Program
- EHWC building renovation & expansion leading to increased client care and services
- New facilities/spaces (MCH Trailer, HCCP storage garage, Medicine Lodge, Sacred Grounds)
- Achieved “exemplary” accreditation status
- Care-coordination approach across all programs
- Elsipogtog Early Childhood Development Stakeholders Committee



Your Voice Matters

Share your feedback and suggestions with us.

Call 523-8227

Email patricia.murphy@ehwc.ca

Tell us:

- **How can we improve our current services?**
- **What types of other services would you like us to offer?**

Check Out Our Website and Facebook Pages

1. www.ehwc.ca

2. www.facebook.com/ElsiHealth

3. www.facebook.com/EHWCMHARJ

(Elsipogtog Mental Health, Addictions & Restorative Justice)

4. www.facebook.com/elsipogtog.crisiscenter

5. <https://www.facebook.com/profile.php?id=100090442234929>

(Elsi Mothers)

6. <https://www.facebook.com/groups/450450458380542>

(Youth Centre Safe Space - private group)

7. www.facebook.com/ElsipogtogAccess

8. www.facebook.com/elsipogtogfitnesscenter