



TSIMSHIAN NATION

COMMUNITY ASSET MAPPING CATALOGUE

Kitselas and Kitsumkalum

MANON JOICE
SKEENA COACH KITIMAT, BC
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Community Asset Mapping Catalogue

Tsimshian Nation Communities

Kitselas



Kitsumkalum



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PROJECT BACKGROUND

The Northern First Nations Alliance

The Nation of Gitxaala is a member of the Northern First Nations Alliance. “The Northern First Nations Alliance (NFNA) is an alliance of Indigenous Nations that have come together to focus on the unique challenges and opportunities faced by Indigenous peoples in Northwest British Columbia...The intent of the NFNA is to work collaboratively to address the social determinants of health, engage the communities (youth and Elders); systematically investigate the impacts of development; and prepare for future opportunities by sharing information and resources.”¹

As part of these efforts it was determined, an Asset Mapping Exercise of each represented community take place. Community asset mapping is a strength-based approach to community development. Asset mapping aims to document and inventory a community’s existing resources, skills and talents and incorporate these strengths into community development efforts. This overall effort will be used as part of a study to build a culturally appropriate detox and wellness centre in Northwest BC.

ASSET MAPPING OVERVIEW

Definition

Community asset mapping is a strength-based approach to community development. Asset mapping aims to document and create an inventory of a community’s existing resources, skills and talents and incorporate these strengths into community development efforts. Approaching individuals and communities from an asset-based perspective allows them to recognize and identify their current strengths, capacities, and capabilities.

The process of asset mapping can:

- Illuminate the connections between people and places
- Foster a greater sense of community pride and ownership.
- Build the bridge for turning desires and ideas into positive actions.
- Reflect the spirit of the community.
- Identify the culture, values, and beliefs of a community

¹ Retrieved from the *Statement of Readiness submitted to the First Nations Health Authority on July 5, 2021.*

Values of Asset Mapping

- Recognizing everyone has skills and talents that are relevant to the community well-being.
- Embracing the belief that each time individuals exercise their abilities, the community in which they live is strengthened.
- Envisioning communities, as places where capacities of individuals are identified, valued, and moved into action.
- Being respectful and mindful of cultural sensitivities in your approach
- Striving for inclusivity.

Essential Traits for Asset Mapping

- A genuine interest in learning about people and environments
- Ability to communicate respectfully with people from diverse backgrounds
- Perseverance
- Desire for discovery, uncovering resources within a community
- Capacity to capture and process information
- Commitment to share what is learned with the community that is mapped

Key Elements of the Mapping Process

- Identify and involve partners
- Define the community boundaries
- Define the purpose
- Determine what types of assets to include
- Identify the methods
- Report back

The Use Community Navigators

One Community Navigator was employed for each community to assist in carrying out the required community asset mapping activities.

Position Overview:

The Community Navigator will cooperate with the Community Asset Mapping Coordinator in developing and fostering meaningful and respectful interactions with community members. These interactions may include workshops, presentations, surveys, and setting up meetings. The efforts are conducted as part of a community asset mapping exercise.

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and incorporate these strengths into community development efforts. This overall effort will be used as part of a study to build a culturally appropriate detox and wellness centre in Northwest BC.

Understanding Community Assets

A community asset or resource is anything that improves the quality of a community. Asset mapping seeks to identify and capture the following assets:

1. People
2. Organizations
3. Environment
4. Local Economy
5. Culture and Spirituality
6. Information, Knowledge, and Communication
7. Political Capital
8. Community as a Whole

1. People

People are the central source of wealth for the community. Learn about each person through one-to-one interviews or Community Conversations. Make sure interview questions, whether conducted in person or in writing, are relevant and appropriate, based on your identified goal. Determine how you will document what you discover.

While learning about the individuals, begin to see how people are interconnected and discover the informal groups that exist within a community and discover the stories of their shared lives.

Questions to be explored:

- What is important to you?
- What does “community” mean to you?
- What are your hobbies or interests?
- In what ways have you been involved in the community?
- In what ways do you want to be involved in the community?
- What would you like to see in your community that doesn’t exist now?
- What hopes and dreams do you have for your community?
- Who do you consider to be community historians?
- Who has lived in the community the longest?
- What skills, talents, resources, materials, or supplies do you have that you would be willing to share with neighbors or put towards a community effort?

- What, if any, associations or networks are you a part of?
- What, if any, associations or networks would you like to be a part of or help to form?
- Is there anything in particular that you need?
- What positive activities already happening in your community would you like to see more of?
- What is the best way to contact you?

2. Organizations

Learn about the organizations that exist within the community. With each one, consider what possibilities exist within the organization, and beyond their intended purpose(s). For example, think beyond a community recreational centre being solely a place for sporting events. Consider it also as a meeting space, a resource for parking, kitchen use, storage, copy machine, tables and chairs and more.

On your exploration of organizations, seek to discover:

- What organizations exist within the community?
- What are the purpose, intent, mission, and goal(s) of the organizations?
- Who works with those organizations?
- What role would you like the organizations within your community to play?
- What goals, services, or projects do you hope for within these organizations?

3. Environment

Learn about the natural and built environment you live in. Explore air quality, water safety, trees, landscaping, agriculture, plant and animal life, energy resources, forests, lakes, ponds, streams, rivers, minerals, natural landmarks, parks, recreation areas, vacant land, recycling, compost, and waste resources.

A built environment includes buildings, bridges, sidewalks, streetlights, roads, gardens, playgrounds, sculptures, historical landmarks and more.

- What natural elements exist within the community?
- Where are the open spaces?
- How is land currently used?
- How would you like to see the land used?
- What buildings or structures exist within the community?
- How are those buildings or structures being used?

4. Local Economy

Learn about how money is earned, spent, and invested within the community. Explore sources of income, occupations, methods for exchange and bartering, major industries and services, community wealth, untapped economic resources, access to goods and services, and circulation of money.

- How is money spent on a regular basis in the community?
- In what ways does money remain local and in what ways does it leave the community?
- What forces outside the community influence its economic health?
- What ideas do you have to enhance the economic vitality of the community?

5. Culture and Spirituality

Culture is the socially transmitted knowledge and behavior shared by a group of people. A community's culture binds people together and affirms their identity. Learn about the culture, customs, traditions, and way of life of the community.

Examples of questions you might explore:

- Who lives in the community or community?
- What is the history of the community?
- How is history preserved, celebrated, and honored?
- What forms of art and music exist?
- How are community customs, traditions and identity preserved?
- How is culture transmitted to younger or newer community members?
- What forms of culture exist beyond the surface of casual observation?
- What languages are spoken? How is language used to affirm culture?
- What different forms of spirituality are present and expressed in the community?
- How are community members' spiritual beliefs and practice connected to community life?

6. Information, Knowledge & Communication

Equal access to information and communication among its members, are vital to a healthy, vibrant community.

- What schools and training programs exist for the community?
- How are new skills and knowledge developed and shared?
- How do people learn about what is going on in the community?
- How is information technology used and by whom?
- To what extent and for what purposes are community members interested in communicating with one another?

7. Political Capital

Community life requires a continuous series of decisions on matters that affect its members. Learn about structured processes that establish and enforce policies within in the community.

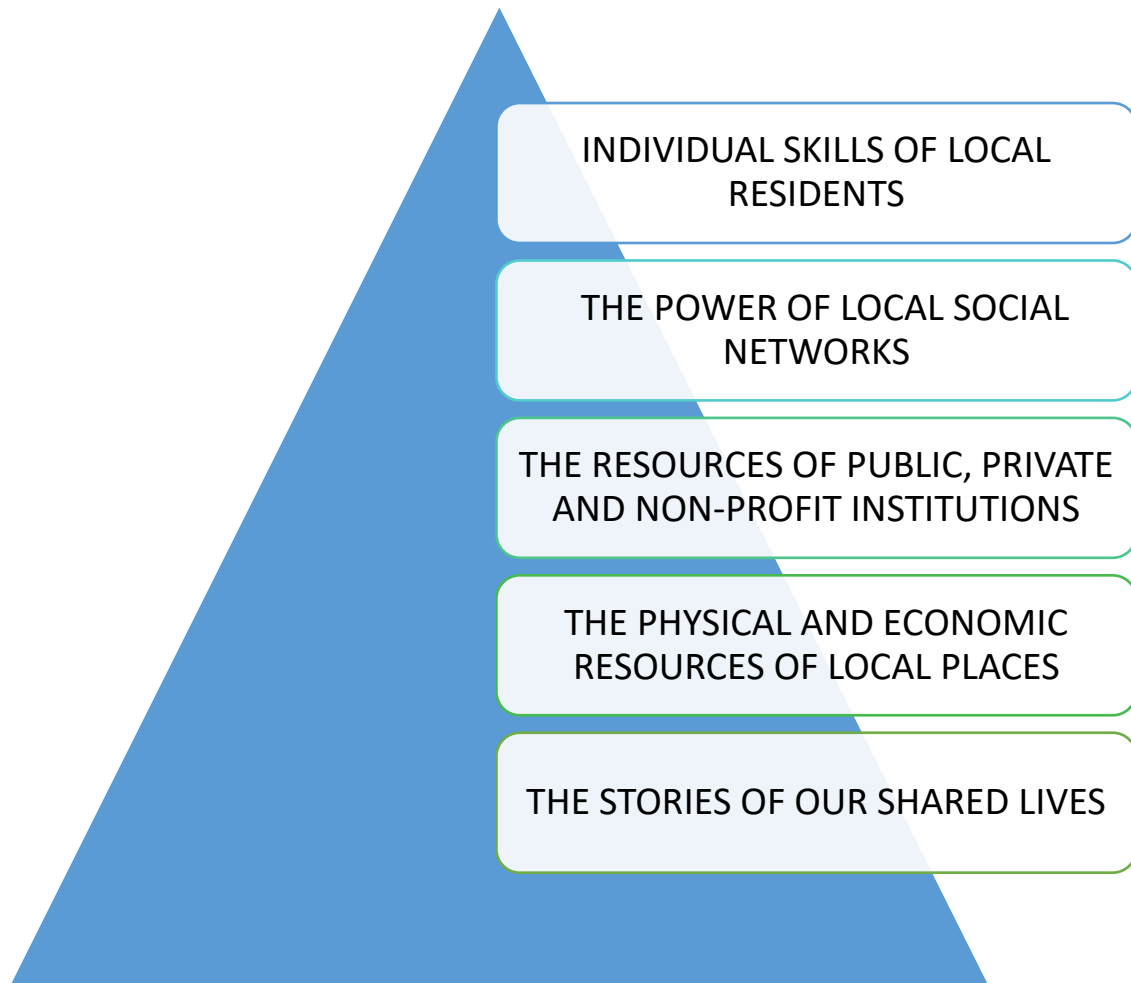
- How is the community linked to political power?
- What is the formal process for community-based decision-making?
- Who represents leadership within local government?
- How does the community influence political decisions?

8. Community as a Whole

See and gather the big picture. Observe how people, places, and systems fit together, how linked together, their skills, talents, and resources can strengthen their community? How are talents and skills recognized and developed?

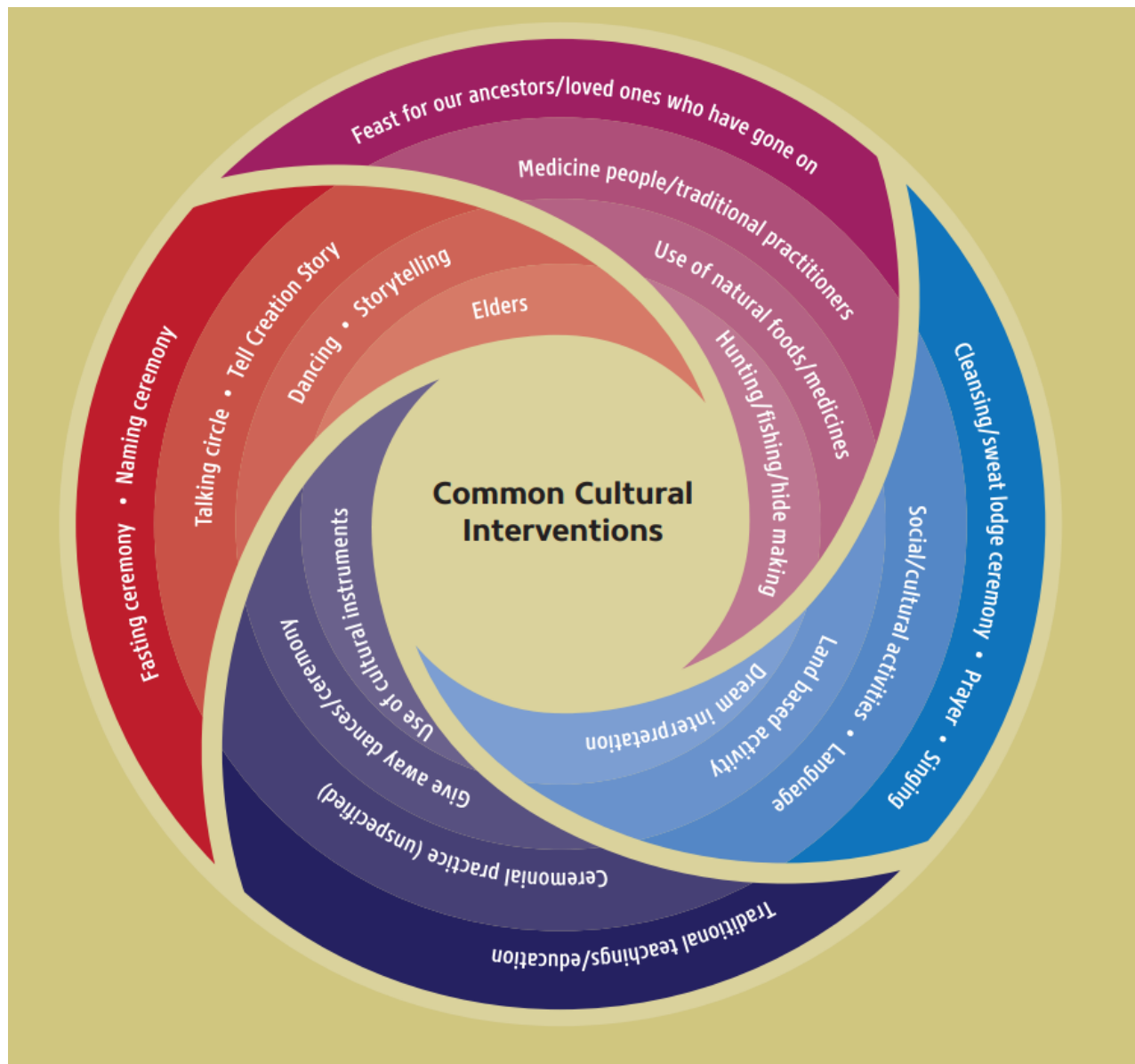
- How are the people given opportunities to contribute their gifts and talents?
- How do people learn about what is going on in the community?
- How do people with shared interests exchange ideas and information?
- How is new knowledge introduced, taught, or shared?
- What forms of art and music exist?
- How do people within the community define culture? What does it mean to them?
- What cultural values are practiced in everyday life?
- How are cultural differences valued?
- In what ways does the community have the desire and ability to work together?
- What is the level of trust, sense of safety and security within the community?
- What are sources of pride and joy within the community?
- What do people do for fun?
- What natural elements are defining features of the community?
- How do environmental conditions affect human interaction?
- How consistent is access to food, shelter, and clothing?
- What symbolizes the community's history?

Community Asset Mapping the Five Key Components



Common Cultural Interventions

The common cultural interventions below represent a list of traditions, activities, and systems indicative of Indigenous cultural practices and supports. Further, these interventions underlie the scope of resources and assets acquired, assumed, honoured and celebrated in Indigenous communities. This includes those asset noted previously: People, Organizations, Environment, Local Economy, Culture and Spirituality, Information, Knowledge, and Communication, Political Capitol, and Community as a Whole.



¹Thunderbird Partnership Foundation, Retrieved October 25, 2022, <https://thunderbirdpf.org/nnapf-document-library/>

In Northwest BC the Community Asset Mapping Exercise uncovered these additional Indigenous Cultural Interventions: The use of Cedar, Devil's Club and Licorice Root for medicinal, spiritual, and cultural purposes. Stone Moving as a cultural activity and coming of age practices and ceremonies. Further there is the preserving of foods, regalia making, beading, and crafting. Please note: Not all interventions listed are truly common amongst the four nations and nine communities studied, there remains variances between each.

As for faith practices, among others is a combination of belief in a Great Creator, Reincarnation and Christianity.

Asset Mapping Results

The asset mapping results for each community and the nation were compiled via in person interviews, surveys, workshops, and internet searches. The results provided a list of resources those resources are categorized as internal and external. Internal resources refer to those offered and accessed within community and external are those offered outside of community including nearby city centres, provincially and federally.

These resources are compiled in an effort ascertain the community assets as they pertain to the social determinants of health outlined below.

Social Determinants of Health

The social determinants of health (SDH) are the factors that influence health outcomes and impact health equity. They include the conditions or individual circumstances that determine individual and population health and well-being. Forces related to these conditions or circumstances may include political, socioeconomical and cultural. Each of these factors listed below are important on their own but at the same time are interrelated.

These key determinants of health are:

1. Income and Social Status
2. Social Support Networks
3. Education and Literacy
4. Employment/Working Conditions
5. Social Environments
6. Physical Environments
7. Personal Health Practices and Coping Skills
8. Healthy Child Development
9. Biology and Genetic Endowment
10. Health Services
11. Gender
12. Culture

Social Determinants of Health Described

1. Income and Social Status

Health status improves with prosperity and social standing. High income determines living conditions such as safe housing and ability to buy sufficient good food.

Several studies show that limited options and poor coping skills for dealing with stress increase vulnerability to a range of diseases through pathways that involve the immune and hormonal systems.

2. Social Support Networks

Support from families, friends and communities is associated with better health. The caring and respect that occurs in social relationships, and the resulting sense of satisfaction and well-being, seem to act as a buffer against health problems.

3. Education and Literacy

Education contributes to health and prosperity by equipping people with knowledge and skills for problem solving and helps provide a sense of control and mastery over life circumstances. It increases opportunities for job and income security, and job satisfaction. And it improves people's ability to access and understand information to help keep them healthy.

4. Employment & Working Conditions

Unemployment, underemployment, stressful or unsafe work are associated with poorer health. People who have more control over their work circumstances and fewer stress related demands of the job are healthier and often live longer than those in more stressful or riskier work and activities.

5. Social Environments

The array of values and norms of a society influence in varying ways the health and wellbeing of individuals and populations. Social stability, recognition of diversity, safety, good working relationships, and cohesive communities provide a supportive society that reduces or avoids many potential risks to good health.

6. Physical Environments

Factors in our natural environment (e.g., air, water quality) and human-built environment (e.g., housing, workplace safety and road design) play a role in individual and public health.

7. Personal Health Practices and Coping Skills

Learning how and what individuals can do to prevent diseases and promote self-care, cope with challenges, develop self-reliance, and solve problems will help people make choices that enhance health.

8. Healthy Child Development

Prenatal and early childhood experiences have a positive impact on brain development, school readiness and health in later life. At the same time, all of the other determinants of health affect the physical, social, mental, emotional and spiritual development of children and youth.

9. Biology and Genetic Endowment

In some circumstances inherited predispositions appears to predispose certain individuals to particular diseases or health problems.

10. Health Services

High quality, accessible health services and health promotion contribute to public health.

11. Gender

Boys and girls and men and women get different kinds of disease and conditions at different ages. They also tend to have different income levels and different kinds of jobs, often a result of the way a society views and treats males and females.

12. Culture

People's customs, traditions and the beliefs and values of their family and community all affect their health. These factors influence what people think, feel, do, and believe in.





About Kitselas

Kitselas population – 355²

Kitselas Comprehensive Community Plan:

<https://kitselas.com/projects-initiatives/comprehensive-community-planning/>

About Kitselas:

Source: <https://kitselas.com/about/>

Vision

Kitselas First Nations is a financially self-sufficient and self-governing Nation that provides responsible leadership in all we do.

Core Values

- We stand united, supporting each other unconditionally.
- We share and create knowledge, according to our cultural teachings, to build a stronger future for our people.
- We uphold the highest level of professionalism including being knowledgeable, kind, polite, solution-oriented and time conscious.
- We role model integrity practicing honesty, fairness, respect, transparency and the healthy use of humor.
- We draw our resilience from our commitment to one another, learning from the past, acting in the present while planning for the future.
- Kitselas traditional territory is located in Northwest British Columbia. Our reserves and territory surround the City of Terrace and the mighty Skeena River.

² Retrieved November, 29, 2022, https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/abpopprof/details/page.cfm?Lang=E&Geo1=AB&Code1=2016C1005618&Data=Count&SearchText=Kitselas&SearchType=Begin&B1=All&GeoLevel=PR&GeoCode=2016C1005618&SEX_ID=1&AGE_ID=1&RESGEO_ID=1

Kitselas is a progressive Nation. We are proud of our heritage and our achievements, both historic and contemporary.

Kitselas' population is approximately 700 people. About half of our people live on the Kitselas reserve of Gitaus, a 15-minute drive east of Terrace. Others in the area live in Kulspai, a smaller reserve west of Terrace. The rest of our population is spread throughout Vancouver, Prince George, Prince Rupert and other places.

Gitselasu (Kitselas) means 'people of the Canyon' in the Tsimshian language of Sm'algyax.

The Kitselas Canyon, located in Gitaus, is the heart of the Kitselas nation. The Canyon is a stronghold of the Kitselas people, who once charged traders and travelers on the river a toll to pass through. The Canyon is now a National Historic Site of Canada and open to visitors. Four longhouses and several totem poles are onsite.

Our History

Archaeological and ethnographic evidence suggests people have occupied the Kitselas Canyon area for at least 5,000 years.

Gitselasu (Kitselas) means 'people of the Canyon' in the Tsimshian language of Sm'algyax. The Kitselas Canyon, located in Gitaus reserve, on the Skeena River, is the heart of the Kitselas nation. The Canyon is a stronghold of the Kitselas people, who once charged traders and travelers on the river a toll to pass through.

Kitselas thrived in the period before contact. Our society was healthy and strong, a rich culture with deep spiritual connection to the lands and resources. Despite challenges, our people are working together to build a future in which our Nation and our culture continues to thrive.

While the Canyon is home, Kitselas extensively uses the resources throughout the North Coast and the lower Nass River systems to sustain our economy.

View a PowerPoint presentation about Kitselas' historic timeline, starting in the 1700s

Our Culture

Kitselas culture is multilayered. Our culture is in our language, our stories, our traditions, our dance, our art, our relations and much more.

Kitselas is one of 14 Tsimshian tribes in BC, seven of which are located in Northwest British Columbia.

The language of the Kitselas people is Sm'algyax, the language of the great Tsimshian Nation, of which Kitselas is part.

In Sm'algayax, Gitselasu (Kitselas) means the 'people of the canyon', and refers to the Kitselas Canyon, located in Gitaus reserve, on the Skeena River.

Tsimshian culture is grounded in the adawx (narratives that tell history). Adawx tell about the origins of the world from a Tsimshian perspective. Adawx are stories that have been passed on from generation to generation. They are defined as 'true tellings' or 'sacred history.' Read our stories below.

Everyone in the Tsimshian First Nation belongs to a clan or a sub-clan. Kitselas has four main clans:

- Gispudwada (Killerwhale)
- Laxgiboo (Wolf)
- Laxsgiik (Eagle)
- Ganhada (Raven)

Kitselas celebrates its elders and traditions. Many of our members still hunt and fish and prepare and share meat and food as we did in the past.



Kitselas Workshop Results September 14, 2022

Kitselas Workshop took place on the evening of September 14, 2022, and we had approximately 65 participants.

From the Testimonies

- Everyone affected
- Safe place to go
- RCMP – hands tied
- Trained people- courses
- Know traditions
- Do not work alone
- Get up say a prayer and hold hands in a circle
- Round lake in Vernon
- Treatment centres work
- Retreats
- Housing policy – evictions of dealers
- Run by our people
- Opening doors
- Heavy emotions
- Our people- different worlds
- Families grieving – ask what do they want to see
- Alcohol, drugs, people, family try
- What now – after detox?
- Need to be heard
- Life skills – dressing, cleaning
- Next steps after detox needed
- Human rights re: evictions
- Healthy communities
- 40 homes being built
- With 40 home expected increase in population
- High cost of living
- Racism at large projects
- Women abuse in trades
- Racism affects their region
- Bill C92 – protection and care for children and families (document distributed)
- Offer different types of addiction services
- Use current resources e.g. NHA, those on Terrace, reach out to allied stakeholders
- Access to services e.g. Anxiety for an 8 year old and COVID created anxiety

- Help Kids and young people
- Wrap around services
- Extra support for youth – guidance and awareness different types of drugs – education
- Citizens on patrol
- Hub of the northwest
- Culturally appropriate
- Kind, non-judgmental staff
- Help workers too
- Right people
- “can’t love them sober”
- Grief and loss
- Don’t give up
- Help the next generation

From the notes left on the tables

- Availability afterhours
- Nighttime is a must
- Where to go for safety?
- Not just drug/alcohol addictions
- good or no good
- Gambling
- How to deal with addictions
- Transportation
- Help for daycare – or is it available?
- Reshare the link on Facebook
- Tell the people of coming positions to prepare for i.e. counsellors, mental health workers
 - Elders from each nation to help support clients connect with culture
- Wrap around services
 - KFS (Kermode Friendship Society)
 - KSAN- Nisga’a
 - Northern Health
 - FNHA
 - Kitsumkalum
- 18 FN in our region
- Personal experiences – trauma

- History of idea
- Get this done ASAP
- Land Based Healing Detox – 5 days
- Treatment – 21 days
- Halfway House
- Supported return to a safe community (counsellors, programs, groups, activities)
- Ongoing is necessary
- AA, NA, Alanon, Healthy eating (diet)
- Lack of expertise in region (i.e. trauma counselors, psychiatric services, cultural healing/healers)
- Art, Soil Groups, SMART, Physical Activity, anima; therapy, journal, share stories & successes, spiritual practice & education, traditional cleansing, healers, elders share their experience.
- Heal the healers
- Trauma informed practice
- Support to the family & children
- Expand health programs to connect & educate the membership
- Wellness Coordinator & Kitselas administration
- Streamline the process so that detox is available for all who want to detox, followed by a treatment program (21 days) without having to wait for space. (northern treatment centres give priority to terrace based detox)
- Work with service provider in the region to be able to provide a wide range of treatment i.e. Equine group, SMART, Residential School Survivors Society, TWRC (Terrace Women's Resource Centre), Kermode friendship centre, AA, NA, etc.. Volunteer Centre
- Safe spaces and groups in Gitau/Kulspai, a consistent contact in the community.
- Visit old sites to heal
- Walks in nature, old growth forest for healing mental health could this be part of the new treatment centre?
- Need: solid healthy governance structure
- Generational trauma – how do we address?
- Family: often at the end of their string when addict sobers up. They need help to trust again too.
- Support for “trusted person” through the process
- “What Now” falls on community- capacity development, training, clear plan with link to detox.
- Include Cultural/Spiritual FN have always been spiritual
- Variety of authors books on freedom from addiction, Deepak Chopra worked for me.
- Clean drug supply free to all-eliminate the toxic black market

- Look at the program in use in Portugal*it works!!!
- Support for trusted person
- Cultural teachings, food, sweat lodge, life skills coach
- Culture
- Counseling services
- Safe places for children
- Culture based healing
- All-in one-shot detox and treatment
- Help with housing & employment once treatment completed
- Strong emphasis on bringing elders and children together for next generation talks and fun and ideas
- Education & training opportunities to be a part of the wellness center
- Possible location if available is the former Terrace community correctional centre
- Neighborhood watch more awareness and vigilance
- Watch and take photos of strange cars
- Committee of people who the kids can call
- Detox will need to have the folks who can help without prejudice and have patience
- Work in some duties for the participants to make a few dollars to start feeling worthy



Kitselas Survey Results

17 Participants

Age Category	Are you considered an Elder by your community?	What is your gender?	How do you identify?
35 to 49	No	Female	Woman
50 to 64	No	Female	Woman
35 to 49	No	Female	Woman
50 to 64	Yes	Male	Man
35 to 49	No	Male	Man
50 to 64	No	Female	Woman
65 plus	Yes	Female	Woman
50 to 64	No	Female	Woman
35 to 49	No	Female	Woman
35 to 49	No	Female	Woman
15 to 18	No	Female	Woman
35 to 49	No	Female	Woman
50 to 64	No	Female	Woman
35 to 49	No	Female	Woman
50 to 64	No	Female	Woman
65 plus	Yes	Female	Woman
35 to 49	No	Female	Woman

What skills, talents, resources, materials, or supplies do you have that you can share with your community? For example, you may teach beading or you maybe a health care provider.	What activities are already happening in your community would you like to see more of?
Community support	Food support
Carving	Painting with acrylics, carving, learning more of indigenous cultures
I'm a bannock maker and caterer crowned bannock queen by Mayor Gregor Robinson 10 years ago	I come from Laxgalts'ap and would love to see a treatment center in the Nass Valley
Chartered Professional Accountant Significance experience in First Nation and Municipal Audit Entrepreneur/Business owner Corporate investor Commercial banking experience	Online engagement with members that do not live in the area has been awesome and have been very informative and motivating to participate - appreciate the team's efforts to engage this way
Senior Management skills, project management, leadership skills, fisherman and hunter, play guitar, play trumpet, play tuba.	With respect to treatment, I see people going for treatment, but the wait times for people to be enrolled is too long. When a person finally decides they need help, they should immediately at that very moment be brought to detox or a treatment center. The wait times are sometimes one to two weeks, and the individual changes their mind about going. That moment when a person decides they need help is a critical moment.
	Craft nights paint nights
Mother	Ladies arts and crafts
Healthcare Provider (Nurse)	Counselling services a few days a month
Nisga'a Language, speaking, writing	Wellness, physically & mentally
Painter, drum maker	Teaching our language(Nisga'a)
Teacher, I've done paint nights and willing to teach the stuff I preserve	
Minister, psychology1, counseling non-professional	one on one counsel with on reconciliation
i can teach beading	couples craft nights, beading, painting, weaving.
Traditional medicine & ceremony, beading, fitness, walk/run	Fitness groups
I am a caterer	Weaving, beading
Crocheting, Bread making	Fitness Room, one day a swimming pool

What would you like to see in your community that doesn't exist now?	Is there anything else you would like to share?
Sports plex	
AA meetings, detox, drug and alcohol counseling	We need more resources for addictions, shuttle to and from town when the transit isn't available,
A family tree of the generations like they have at Kitsumkalum.	I wish there to be more accountability of elected members .
Local emergency Health clinic and a recreation facility in Gitaus.	Social development and support services for addictions and mental health. I local fitness gym or recreation facility would be ideal.
Exercise gym	
Elders sharing skills, Art work, introduction to Family History for all.	Teaching Respect, Honesty to Young people
Self help workshops, traditional healing, healthy cooking, life skills	
Shuttle Service - Gitaus Community Bus	
More anti bullying knowledge teachings..	We need a detox centre .. speaking to those with addictions they would prefer to utilize outside of their nation for privacy. If one band can support another that sounds more idealistic
Self-defense, AA group, alcohol and drug use conference, community clean up day	Our youth are struggling, they need better guidance and understanding of themselves and their actions
Adult culture camp	
Seniors physical activity groups	Thank you for all that Kitselas provides for the community
Cultural activities / story telling with cultural activities / baby welcoming ceremony / awards and recognition our members - school and community efforts / citizens on patrol / drug awareness workshop with leaflet in. Respector for those who cannot attend / statistics on diseases and cancer /	Thank you
Rehab	
Food preparation and preserving. Teaching weaving beading.drum making. Sweat Lodge	There be no development at Endadoon ever.
Sports for adults.	Physical activity in the hall!

What are your community customs and traditions?	What are your ceremonies?
?	?
Harvesting fish	Feasts
Feasts, dance group,	Ground breaking for new development, pole raising, dance practice and performance,
Seasonal sustenance harvesting .	Don't know of any I use.
Traditional Food harvesting and ceremonies	multiple dependent on requirements
Feasting	Smudging
All families working together as in the past	There are no Ceremonies being followed today except dancing, singing
Usually only when someone has passed in the community that we all are still, children stay inside, work in community slows or stops, no loud music or celebrations	Settlement or stone moving feasts
Food preservation	Wedding, funerals
No idea	No idea
Helping another, caring for elders, treating everyone as if they're your immediate family	name giving, adoptions, feasts, stone movings
Be there for one another in the time of death and into the time of need Go all out and celebrate the commercialism of Xmas Harvest traditional food and medicine	Smudging, talking and learning from elders, spirit bath
Support for families that are grieving	Feasts
Respect / quite when Elders are talking / when someone passes - pause all events and meetings /	Wedding / birth / death /
Prayers.some of us still believe in God. Cultural Dance. We have one or two Houses Cedar Blessings.	Cedar Blessings. House Prayers. Baby dedications
Fishing, plants, helping eachother	Pole raising

What languages are spoken?	What forms of art and music exist?	What different forms of spirituality are present and expressed in the community?	Is there anything else you would like to share?
English			
English			
English, Sm'algyax	Gitseasu dancers and drummers	Not sure	No
English	Only want I listen to on the radio stations.	Totem poll raising ceremonies, funeral feasts , language classes.	Not at this time
Tsimshian	drumming and traditional songs	prayer, carving, singing and dance,	n/a
English	Very little carving	None	
Nisha,, Gitksan,	Beading, weaving, Drawing,knitting, crocheting, singing, drumming Deferent	Different denominations of Religious Beliefs. Choirs, learning instruments	A place of worship, learning to sing as a group. More Culture,
Tsymalyx	Traditional dancing and drumming, wood carving and painting	Smudging	
English, Smalgyax	Drumming, dancing, paint night, jam night dudes club	Whatever an individual decides	
Tshmsian	Tshimsian art Borrowed/gifted songs from other nations	It isn't .. hate is expressed strongly among this community	I would love to see the community come together as a whole for the sake of our children and our future. I would love to see more knowledge sharing and common respect. I would love to see more programs that teach our culture.
smalgyax	painting, carving, singing and dancing, drumming, guitar/drums (bands)	Our youth are freely expressing themselves as he/she/they	

English, I would love to have a chance to learn smalgax. There should be classes in our community!	There is some first Nations artists that reside in the community and traditional dancers and singers. Personally I like rap music? I don't really understand this question	Christianity Traditional first Nation customs	These questions are thought provoking and hard to put into words in an impersonal survey, I wish I could answer better.
English, Little Symalgax	Drumming and dance	Individual spiritualism	No thank you
English and some Gitxsan	N/a	Christian /	No
English with one that speaks and one that's learning our language	Four carvers, Traditional songs	Different churches for some families	Lost language, art, story telling, Families and their History's struggle to find and practise it again
Sm'algyax, English	Drumming dancing.	I don't know	



Kitselas Nation Community Health Services

Health

Kitselas Health runs a variety of health clinics and community groups, based on the needs of Kitselas members. We offer chronic disease management and screening, and counselling referrals, as well as have a Nurse Practitioner, Toby Hilton available (by appointment) for family-doctor-type services. The department also offers community and home care services.

Kitselas Health has two locations: the Health Centre in the Administration Building in Gitaus, and the Health Satellite office in Kulspai.

Health Clinics

The Kitselas Health Department offers many FREE clinics.

To book an appointment in one of these clinics (for example, to see the nurse practitioner), call 250-635-5084 (ext 4086) and ask for the Health Assistant Amanda Low Or call 250-631-7659.

List of Clinics

Nurse Practitioner Clinics

Toby Hilton is the current Nurse Practitioner and offers family medical services, similar to going to see a family doctor such as prescriptions, X-rays, etc. Every Wednesday. Last appointment at 3pm. In Gitaus.

Call ahead to book an appointment with the Health Assistant to see the Nurse Practitioner; there is a waitlist.

Immunization Clinics

For infant, toddler, school-aged and adult vaccines.

(No travel vaccines. Call your local pharmacy for these.)

Every Thursday. 11am to 2pm. In Gitaus

Call ahead to book an appointment.

Flu Clinic

For annual flu shot. From November to March. Available on set times on set days or call ahead to book an appointment.

Tooth Varnish Clinic

For infants and children up to age 6. Will perform oral exam and if necessary, apply a tooth protectant. Clinic is every three months. Health Department will inform community when clinic is coming. Clinic also visits Kitselas daycare and Head Start.

Mobile Diabetics Clinic

For people with diabetes or pre-diabetes. Health Department will inform community when clinic is coming. Services include:

Full assessment for complications of diabetes including eye exam, foot exam, kidney, liver and cholesterol testing and Hb A1c testing (glycated hemoglobin)

State of the art retinal examination (without eye drops)

Medication review

Individual, same-day counselling and care planning with recommendations to your family doctor. Kitselas health staff for follow up.

- Same day results.
- No fasting required.

Mammogram and Pap Clinics

Every two years. For cancer prevention and awareness.

Health Benefits

As of 2019, First Nations Health Authority (FNHA) benefits are now administered by Pacific Blue Cross.

This includes dental, vision, and medical supplies & equipment plans.

This transition requires no action from Kitselas members previously registered with FNHA.

Your status number is your benefits membership number.

(It is important that everybody gets their status card. Please register newborns as soon as possible.)

You have access to an app and website to download your member ID card and submit claims.

Your Benefits Member Profile

For more information on your First Nations Health Authority (FNHA) benefits, call 1-855-550-5454 or email benefits@fnha.ca. Or go online at www.pac.bluecross.ca. Or download the PBC mobile app.

Using your status number, create a Member Profile for convenient self-service. Through this service you can:

- Look up detailed coverage information
- Get reimbursed via direct deposit in as little as 48 hours
- Check your balance for your benefit
- Search for vision care providers who are registered with PBC

Drug Benefits

Most drug benefits will continue to be covered through PharmaCare Plan W.

Pacific Blue Cross, however, will administer some drug benefits – mainly for people who aren't yet enrolled in Plan W. If this is you, please call 1.855.550.5454 to enroll in Plan W.

Plan Highlights - Dental, Vision, Medical Supplies & Equipment

Dental Plan Highlights

- More coverage for preventive services
- Crowns, bridges, veneers, inlays, and onlays
- Less coverage criteria
- 2 exams and 2 cleanings per year
- White fillings
- Full and partial dentures
- Night guards
- Dental accidents

Vision Care Highlights

- No pre-approvals needed for eye exams and standard eyewear

For clients 18 and younger:

- \$100 every year for eye exams
- \$275 every year for standard eyewear

For clients 19 and older:

- \$100 every two years for eye exams
- \$275 every two years for standard eyewear

There is a process to provide additional benefit coverage for clients with complex needs.

Medical Supplies & Equipment Plan Highlights

- Streamlined process for prior authorizations
- Faster claims processing for providers means supplies or equipment for clients are available faster
- Faster processing of client reimbursements

Community Health Groups

All Kiteslas Community Health Groups are FREE, and usually include a meal or a snack.

The goal of these groups is to build a healthier and more compassionate Kitselas community. The Health Department started some of these groups while others are community-driven.

Group schedules can be found on this webpage, in the [Kitselas Newsletter](#), and/or in the [News](#) and [Calendar](#).

List of Community Health Groups

Parent Connection Group

Lead by Jada Seymour, Community Health Representative.

Every Wednesday

12noon to 2 pm

Gitaus Administration Building

Focus is on new and expectant parents but everyone welcome.

Includes a range of activities, discussions, speakers and presentations. Sample topics include parenting techniques, nutrition, physical health and activities.

Gitselasu Elders

First Tuesday of every month

Time: 5pm

Elders Centre in Gitaus

Kitselas Elders group based in Gitaus. Activities include field trips, wellness activities,

fundraising, cooking, and more.
Organized by Kitselas Elder William Bolton.
Everyone welcome.

Elderberries

Every Thursday
12noon to 2pm

Satellite Health Station in Kulspai

Includes a range of activities, discussions, speakers and presentations with a focus on wellness and socializing. Members sometimes work in the community garden during the summer months.

Men's Group

Every second Friday.
5pm to 9pm.

Gitaus Administration Building

For men ages 19+.

Activities and discussions are self-driven – the group decides – with a focus on comradery, reconnecting to culture and land-based activities.

Women's Group – Coming Soon

Kitselas Nation Youth Wellness Program

Location & Hours

The Kitselas Youth Wellness Centre is in Gitaus, kitty corner to the Kitselas Administration Building. The centre is open six days a week.

Contact: Youth Wellness Coordinator: Gerald Nyce

Youth Centre phone number: 250-635-3117

Phone or drop by the Youth Centre for more info. Or befriend 'Kitselas Youth-Wellness Coordinator' on Facebook to keep up to date with what's happening.

Free for Youth

All youth, up to the age of 18, are welcome to participate in all activities for FREE. Other Kitselas members are also welcome to join but must first get permission from the Youth Wellness Coordinator, who leads all the activities and runs the Centre.

Activities

The Youth Wellness Program, along with the Youth Wellness Centre, foster a safe and friendly environment for our youth to relax, socialize and live and learn about a healthy, harm-free lifestyle. While the Youth Program is focused on fun and physical activities, there's also health components throughout the activities. Through group discussions, presentations and guest speakers' youth are educated around the topics of mental health & wellness; risky behavior; self-esteem and building confidence; substance abuse; peer pressure and bullying; physical health including basic hygiene, oral health, body changes and puberty; and sex ed.

All scheduled activities will be listed on [the Kitselas website calendar](#).

Sample activities and outings:

- Organized Sports and Activities eg. Basketball, roller blading, hiking, etc.
- Cultural Arts and Crafts
- Gaming
- Video production
- Computer and internet access
- Free play
- Group Discussions
- Guest speakers and Presentations
- Fundraisers

Kitselas Nation Social Development Services

Social Development

Kitselas Social Development aims to help Kitselas members on social assistance move towards independence, as well as assists members with disabilities or who face multiple barriers to obtaining employment.

Contact the Kitselas [Social Development Worker](#) for information about any of these programs or support services. Social Development is part of the Kitselas Community Services Department.

Support Services

We offer:

Information and advocacy for both on- and off- reserve Kitselas members in regard to:

social assistance

legal aid and courts

families with children-in-care

(Ministry of Children & Family Development, or Northwest Inter-Nation Family Community Services Society (NIFCS))

Assistance and information about on-reserve financial assistance

Referrals for employable members to attend programs and courses or receive assistance through the Kitselas Employment & Training department.

Contact the Kitselas **Social Development Worker** for information about any of these programs or support services. Social Development is part of the Kitselas Community Services Department.

Kitselas Nation Community Education Services

absuwilaks'm Gitselasu Adult School

For information about the Kitselas Adult School, contact the [Adult School Teacher](#), who is part of Community Services.

Kitselas Wabuwilaks'm Gitselasu Adult School delivers a range of courses, support and tutor services. The main goal of the school is support members who did not finish high school choose to complete their Dogwood Adult Graduation diploma.

Local education at the adult school has many positive benefits for the community:

Members can complete their Adult Dogwood Certificate in a supportive, local community environment.

Members increase their ability to secure meaningful employment.

Members heighten their ability to better understand issues affecting their community.

Members improve their ability to engage positively in their community.

A stronger community with educated members will be better equipped to preserve its culture.

Wabsuwilaks'm Gitselasu is now a certified school. We offer:

Paper-based courses at the school

Online courses through our partnership with Kitselas First Nation and the [North Coast Distance Education School](#) (NCDES).

Online courses through Connected Classroom, an initiative in partnership with First Nations Education Steering Committee. You are virtually face to face with a teacher everyday for a specific period of time.

Student enrolment and attendance are essential for Wabsuwilaks'm Gitselasu Adult School to continue.

Post-Secondary Funding

For more information and application forms for post-secondary funds, contact the [Kitselas Community Services Director](#).

The Kitselas Education Department provides funds to support Kitselas members registered in academic-stream college and university programs. With your high school graduation certificate and Dogwood Diploma, there are many opportunities to continue your education!

To be eligible, students must:

- Be a REGISTERED Kitselas Member
- Have lived in Canada at least 12 months prior to application
- Be accepted into an eligible program at an eligible institution
- Maintain satisfactory academic standing
- In BC, all eligible programs must meet the following criteria:
- Be offered at an eligible post-secondary institution.
- Be at least one academic year in length (as per institute standards) and lead to a degree, certificate or University College Entrance Preparatory (UCEP) program.
- Require Grade 12 Dogwood or equivalent for admission.

Only applications complete with required documentation, as stated on the application form, will be reviewed for consideration.

Scholarships & Bursaries

In addition to post-secondary funds, many scholarships and bursaries are available for students entering and continuing post-secondary education.

[Indigenous Bursaries Search Tool](#)

[Aboriginal Learning Links](#)

[Indspire Bursaries & Scholarships](#)

[Irving K. Barber British Columbia Scholarship Society](#)

[StudentAID BC Grants & Scholarships](#)

[Coast Mountain College – Awards, Bursaries & Scholarships](#)

Textbooks

In BC, hundreds of [free \(open\) textbooks](#) are available online for post-secondary students and instructors. This number is growing annually with textbooks covering a full spectrum of topics available.

Kindergarten to Grade 12 School Allowance

On-reserve Kindergarten to Grade 12 students attending public or private schools in Terrace are eligible for a school supply allowance. Application forms are available through the [Kitselas Community Services Director](#).

Deadline to register for school supply allowance each year is September 30.

Kitselas First Nation does not receive tuition for non-status or non-registered students living on-reserve, nor for bus service to private schools. The BC Ministry of Education pays for the tuition of non-status students.

For information about Kindergarten to Grade 12 and applications for the school supply allowance, contact the [Adult School Teacher](#).

Head Start Preschool

For information about the Kitselas Head Start Preschool, contact the [Health Department](#).

Kitselas' Head Start is a fully licensed preschool. This **FREE** program runs from September to June. Through a variety of fun activities, children ages 3 to 6 years old, living on-reserve, get the opportunity to utilize their intellectual and creative abilities.

The Head Start philosophy focuses on what is best for small children – playing! The program is guided by the Tsimshian calendar and the six components of Aboriginal Head Start and is managed by the Kitselas Health Department.

Many benefits come from enrolling your child in Kitselas Head Start preschool:

- connection with culture
- linguistic development
- social development
- art & creative development
- school readiness
- nutritional education
- health promotion
- family involvement
- strengthening of social support

Location & Contact

1581 Kulspar Crescent, Terrace, BC
Phone number: 250-635-5084 Ext. 5027

Register your Child

Applications are available for pick up at the Reception Desk at the Kitselas Administration Building in Gitau. Or contact the [Health Department](#).

Books from the Terrace Library

The Kitselas Education Department formed a partnership with the Terrace Public Library to be a satellite library. That means we are able to order and return books for on-reserve members.

Kitselas Nation Employment and Training Services

Employment & Training

We Can Help

If you are interested in our services please complete the [Intake form](#)
Our Teams contact information can be found here [Employment and Training](#)

The department works closely with unemployed or under-employed members who are able to work. Our aim is to provide the supports, training and experience members need to work in long-term jobs expected to be in high demand in the near future.

We want to help you find fulfilling, stable, well-paid, long-term employment.

Funding & Support

Most training and certification programs are FREE to Kitselas members. However, the availability of certification and training programs often depends on what funding is available from government and other partners, who help Kitselas offer these programs.

As much as possible, we also offer different supports to program participants. Depending on the program and funding, this may include transportation, food, daycare, tools and equipment, and more.

Job Opportunities

The department aims to support members in their search for employment. Staff will do as much as possible to help members find a position that works for them. However, while the department aims to prepare members as much as possible and according to the current job market, staff cannot guarantee employment for training participants.

Program Intake & Process

The Kitselas Employment & Training Department aims to meet each member exactly where they are at – in life, and in their employment and training journey. The department aims to build up each individual's skills and confidence, as well as offer them the programs and experience they need to succeed. The path to full-time employment is not always easy nor direct. The economy is constantly fluctuating in Northwest BC, and each individual has his or her own barriers and opportunities.

Applicants have the opportunity to participate in an initial needs assessment. Department staff and the participant then work together to create an individualized action plan. Depending on the initial assessment, participants will start in one of the following tiers of the department's 5-tier program:

Tier 1 – A safe space for assessment

Tier 2 – Essential Skills

Tier 3 – Work Experience

Tier 4 – Advanced Training

Tier 5 – Job Placement (Career Development and Entrepreneurial activities)

Recognizing that each member and participant is different, the program is fluid and allows participants to move up and down throughout the stages, and at their own pace.

Contact the Kitselas **Employment & Training department** if you are interested in working with us.

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Kitselas Nation Housing Services

About Kitselas Housing

Mission: Provide safe and stable housing for Kitselas members on-reserve.

- Provide access to funding for new homes, repairs and renovations on-reserve.
- Manage repairs and renovations.
- Manage construction of new homes.
- Assist in meeting reporting requirements for Indigenous Services Canada, and the Canada Mortgage and Housing Corporation (CMHC)

Kitselas Housing is part of the **Public Works, Housing & Infrastructure Department**. We are working hard to ensure we address housing issues as quickly as possible. From 2005 to 2011, Kitselas built 63 new homes, and we have plans to build more. We have been able to bring approximately 252 band members home.

Download this [Housing Presentation](#) from a November 2019 community meeting for more information about housing in the Kitselas community.

Housing

Contact the Kitselas [Public Works, Housing & Infrastructure Department](#) for more information about any of the following programs and services.

Help with Home Repairs

The following programs are also available to Kitselas members for help with housing. Note, programs are NOT always available, and the criteria changes every year.

Residential Rehabilitation Assistance Program (RRAP)

The [Residential Rehabilitation Assistance Program \(RRAP\)](#) program helps people who live in substandard dwellings and cannot afford to pay for necessary repairs to their homes. This program is through the Canada Mortgage and Housing Corporation (CMHC).

Application Forms:

[On-Reserve Residential Rehabilitation Assistance Program \(RRAP\) Application](#)

[Social Assistance – Verification of Income Form](#)

[Residential Rehabilitation Assistance Program \(RRAP\) Application for persons with disabilities](#)

The Kitselas Housing department can help members apply to this program.

[Home Adaptations for Seniors' Independence \(HASI\)](#)

The [Home Adaptations for Senior's Independence \(HASI\) Program](#) offers financial assistance through the Kitselas Band Council to help low-income Elders continue to live independently in their own homes. This program is through the Canada Mortgage and Housing Corporation (CMHC).

Information & Application Forms:

[HASI Fact Sheet](#)

[HASI Assessment](#)

[HASI Application](#)

Mold Prevention

Keeping your home dry, by controlling moisture and water damage, is key to preventing the growth of mold. Here's a few tips to help you reduce and control moisture sources:

- Do not hang wet clothes to dry inside your house.

- Use exhaust fans in your bathrooms and kitchen.
- Do not store firewood indoors.
- Repair leaky appliances, plumbing pipes and fixtures as soon as possible.
- Disconnect your water hose from your outside water faucet.

Kitseles Nation & Terrace

BC 211 Listed Services

Aboriginal Patient Liaison (APL) - Terrace
 Mills Memorial Hospital
 Adult Addiction Day Treatment Program - Terrace
 Northern Health
 Alcoholics Anonymous (AA) - Terrace and Area
 BC Employment and Assistance (BCEA) Office - Terrace
 Ministry of Social Development and Poverty Reduction (MSDPR)
 Better At Home Program - Terrace
 Volunteer Terrace
 City of Terrace
 Community and Family Services - Terrace
 The Salvation Army - BC Division
 Courthouse Library - Terrace
 Courthouse Libraries BC
 Crown Counsel Office - Terrace
 Ministry of Attorney General
 Duty Counsel (Family Law) - Terrace
 Legal Aid BC (LABC)
 Employment Standards Office - Terrace
 Ministry of Labour
 Extreme Weather Response (EWR) - Terrace
 Extreme Weather Response (EWR) Emergency Shelters
 Food Programs - Terrace
 The Salvation Army - BC Division
 Foundry Terrace
 Terrace and District Community Services Society (TDCSS)
 Health Equipment Loan Program (HELP) - Terrace
 Canadian Red Cross Society - Northern BC and Yukon Region
 Health Protection Office - Terrace
 Northern Health
 Home Health - Terrace
 Northern Health
 KidSport Terrace
 Sport BC
 Legal Advice Clinic - Terrace
 Access Pro Bono Society of BC

Liquor Control and Cannabis Regulation Branch - Terrace
Ministry of Attorney General
Mental Health and Substance Use Services - Terrace
Northern Health
Ministry of Children and Family Development (MCFD) - Terrace
Northwest Branch - Terrace Region
BC Schizophrenia Society
Northwest Offices - Terrace/Kitimat
Northern Brain Injury Association (NBIA)
Opioid Agonist Treatment (OAT) Clinic - Terrace
Northern Health
PEACE (Prevention, Education, Advocacy, Counselling and Empowerment) Program for
Children and Youth Experiencing Violence - Terrace
Ksan House Society
Parents Legal Centre - Terrace
Legal Aid BC (LABC)
Public Health - Terrace
Northern Health
RCMP - Terrace
Service BC Centre - Terrace
Ministry of Citizens' Services
Service Canada Centre - Terrace
Service Canada
Settlement Services - Terrace
Skeena Diversity Society
Skilled Trades Employment Program (STEP) - Terrace
BC Construction Association (BCCA)
Snow Removal Program - Terrace
City of Terrace
St John Ambulance - Terrace Branch
St John Ambulance - BC and Yukon Council
Terrace BDC Business Centre
Terrace Church's Food Bank
Terrace Community Corrections
Ministry of Public Safety and Solicitor General
Terrace Community Living BC Office
Community Living British Columbia (CLBC)
Terrace Courthouse
Native Courtworker and Counselling Association of BC (NCCABC)
Terrace Driver Licensing
ICBC (Insurance Corporation of BC)
Terrace Family Justice Centre
Ministry of Attorney General
Terrace Fire Department
Terrace Hospice Society
Terrace Office
Indian Residential School Survivors Society (IRSSS)
Terrace Provincial and Supreme Court Services
Ministry of Attorney General

Terrace Public Library
Terrace Regional Office
M'akola Housing Society
Terrace Regional Transit System
BC Transit
Terrace Restorative Justice
Volunteer Terrace
Terrace Search and Rescue
Terrace Women's Resource Centre Society
Terrace Youth Engagement Strategy (TYES)
Terrace and District Community Services Society (TDCSS)
Terrace and District Community Services Society (TDCSS)
Terrace and District RCMP Victim Assistance Program
RCMP - Terrace
Terraceview Lodge
Northern Health
Volunteer Terrace
WorkBC Centre - Terrace
Northwest Training Ltd
Youth Volunteer Corps of Terrace
Volunteer Terrace
Addiction Services
Terrace and District Community Services Society (TDCSS)
Animal Control
City of Terrace
Building Blocks
Terrace Child Development Centre
Coast Mountain School District
Community-based Victim Services
Ksan House Society
Kermode Aboriginal Head Start
Kermode Friendship Society
Kermode Friendship Society
Lifeskills Support
Provincial Networking Group Inc (PNGI)
Mills Memorial Hospital
Northwest Counselling Centre Ltd
Northwest Intensive Case Management Team
Northern Health
Northwest Inter-Nation Family and Community Services Society
Northwest Training Ltd
Provincial Networking Group Inc (PNGI)
Regional District of Kitimat-Stikine
Skeena Diversity Society
StrongStart BC - Coast Mountain
Coast Mountain School District
Taylor Bachrach MP (NDP) - Skeena-Bulkley Valley Constituency
Government of Canada



About Kitsumkalum

Population - 335³

THE MEANING OF KITSUMKALUM REFERS TO THE RIFFLES IN THE WATER AS IT RUNS OVER THE ROCKS, WHILE ANOTHER DESCRIPTION REFERS TO 'PEOPLE OF THE PLATEAU'.

The contemporary community of Kitsumkalum draws on its ancient Tsimshian culture for values. Our culture is not a dead archive of traditions and customs frozen in the past. We are a strong and proud galts'ap and are an integral part of the Tsimshian Nation with archaeological evidence placing property holdings (laxyuup/territories) in the Kitsumkalum Valley, along the Lakelse and Skeena River, Zymacord, and many special sites surrounding coastal and inland areas of the North West Coast prior to 1846 and as far back as 5,000 years BP.

Kitsumkalum has always been intimately connected to it's other Tsimshian tribes through marriages, adoptions and the sharing of resources in our common grounds. We come from a traditional and intricate society with complete ayaawx (Tsimshian Law) and rules governing our people, economic rights and relations with other First Nations. We have a sacred trust and responsibility to care for our traditional territory and our connection to the land and coast is part of who we are as Tsimshian. Kitsumkalum has evolved into a modern day society, even after colonization we continue to practice aboriginal rights and title to fish, harvest, gather and engage in cultural and spiritual activities.

Since our Su-sit' Aatk ceremonies in 1987, we've continued making advancements rekindling our house group (waap) traditions of land stewardship, harvesting and economic rights fully in the Tsimshian way of life.⁴

³ Retrieved on November, 29, 2022, https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/abpopprof/details/page.cfm?Lang=E&Geo1=AB&Code1=2016C1005619&Data=Count&SearchText=Kitsumkalum&SearchType=Begin&B1=All&GeoLevel=PR&GeoCode=2016C1005619&SEX_ID=1&AGE_ID=1&RESGEO_ID=1

⁴ Retrieved on November 28, 2022, <https://kitsumkalum.com/about/our-culture/>

Kitsumkalum Workshop Results

Kitsumkalum workshop took place on the afternoon of September 26th, 2022 and had 7 participants.

From the Testimonies

- Counselling-continued support to stay off addictions
 - Groups and one on one
 - Flexible
- Less westernized
- IFOTC-Indigenous Focused Oriented Training Counselling
- Harvesting, cultural teachings, many missing their own way
- Feast Room
- Cedar Water
- Traditional Medicine
- No community sweats
- A lot of trust – nurses and doctors
- More family support – more family consultation
- Confidentiality
- Complex family dynamics
- Lighthouse-spacious – upstairs is inaccessible-place of inclusion
- Nurses, counsellors, addiction counsellors
- Cultural sensitivity
- From within – depends on trust and conflict of interests (R/T staff from community)
- Educated, Field experienced staff
- Learning about alcoholics/alcoholism & looking after them (how to)
- Educating communities
- Elders' addiction R/T health issues e.g. prescribed opioids

- Community Resources
 - NAADAC counsellor lives in community, office in health centre
 - Housing Coordinator
 - Respite care
 - Preschool/Daycare but has a waiting list
 - Terrace AA meetings
 - Transportation a barrier
 - Last bus leaves at 5pm
 - Hot springs, Nass & Kitimat
 - River, Mountain, Bush

- Aftercare- same atmosphere leads to same old ways
- Something needed beyond AA and NA e.g. satellite site for land based healing
- If not in community, the person is out of the loop and unaware of traditional teachings
- Food- traditional – positive healthy nourishment
- Health centre – involved in care for the people- proactive, the pantry, welcoming staff, caring, and loving
- Everyone good and well taken care of e.g. if there is a power outage
- Health fairs annually – informative
- Collaborative
- Mobility issues – health staff will deliver resources
- Elderly and vulnerable are taken care of first
- Teachings – lateral violence, FN Indigenous trauma informed practices- 3-day workshop
- Trauma = survival mode
- 125 houses in community people waiting for housing

- Counselling
- Culture/Teaching/Meds
- Feast Room
- Trust A Must
- After care
- Courses on alcohol & drugs
- Getting youths with Elders monthly

- Counselling
 - Continued support to stay out of addiction groups one on one and flexible
- Less westernized
- IFOT- Indigenous Focusing Oriented Trauma Counselling
- Feast Room
- Harvesting
- Cedar Water
- Traditional Sweat/Medicine
- No Community Sweat
- More family supports
- Complex Family Dynamics
- Lighthouse-spacious
- Place of inclusion
- Rehab nurses, counsellors, addiction counsellors, cultural sensitivity
- From within
- Field experience

- Learning about alcohol/alcoholism
- After/Alanon-caregivers
- Last bus at 5pm in Kitsumkalum
- Hot Springs, Nass, Kitimat
- River, Mountains, Bush
- Aftercare, some old ways, something beyond AA meetings
- Satellite site land-based healing
- If not community-out of the loop
- Food – traditional
- Health centre, involved in community & people are taken care of -the pantry
- Health fairs annual information
- Teaching – lateral violence, FN Indigenous Trauma-3 day workshop-trauma survival mode



Kitsumkalum Survey Results

39 Participants

Age Category	Are you considered an Elder by your community?	What is your gender?	How do you identify?
25 to 34	No	Female	Woman
19 to 24	No	Female	Woman
65 plus	No	Male	Man
35 to 49	No	Female	Woman
25 to 34	No	Male	Man
35 to 49	No	Female	Woman
35 to 49	No	Female	Woman
50 to 64	No	Female	Woman
50 to 64	Yes	Male	Man
65 plus	Yes	Female	Woman
65 plus	Yes	Male	Prefer to Self-Describe:
50 to 64	No	Female	Woman
35 to 49	No	Male	Man
35 to 49	No	Male	Man
50 to 64	No	Female	Woman
19 to 24	No	Male	Man
50 to 64	No	Female	Woman
50 to 64	No	Male	Man
65 plus	Yes	Female	Woman
65 plus	Yes	Female	Woman
50 to 64	No	Female	Woman
50 to 64	No	Male	Man
19 to 24	No	Female	Woman
50 to 64	Yes	Male	Man
35 to 49	No	Female	Woman
65 plus	Yes	Female	Woman
65 plus	Yes	Female	Woman
25 to 34	No	Female	Woman
35 to 49	No	Female	Woman
35 to 49	No	Female	Woman

19 to 24	No	Female	Woman
50 to 64	No	Female	Woman
65 plus	Yes	Male	Man
50 to 64	Yes	Female	Woman
65 plus	Yes	Female	Woman
35 to 49	No	Male	Man
65 plus	Yes	Male	Man
65 plus	Yes	Female	Woman

What skills, talents, resources, materials, or supplies do you have that you can share with your community? For example you may teach beading or you maybe a health care provider.	What activities are already happening in your community would you like to see more of?	What would you like to see in your community that doesn't exist now?
	The health center has a lot of community activities. As I move back to town I would like to participate in those activities. i.e. Regalia Assistance, Walking groups in the summer season.	I would like to see a language class, where people can learn the traditional language from elders.
n/a	activities or movie nights for the kids	arts and crafts night
nnadap counsellor	community participation in community activities with out the use of door prizes as incentive to attend	more active and informed or educated band council
would like to help organize events	Community festive gatherings	Fitness center/ swim pool
Nothing		Some sort of sports competitions
I'm a receptionist	AGM MEETINGS /DINNERS	Outdoor Basketball court
Crocheting	Sports, more than floor hockey please	Beading groups. Men's groups, Women's groups,
-can teach interpersonal common skills. -Former counsellor, crisis, children, family, youth. -taught life skills/ love	-Cultural harvesting, art work, making medicines and teas.	-life skills for the young adults and elders, such as budgeting, interpersonal communication skills, conflict resolution.

cooking and baking. -some knowledge of nutrition and health. -have skills in art. -helped lots of people get jobs. -taught healing with laughter. -use to be a child and youth care worker.		-Need more activities that connect community people but need common and accessible meeting place. -stress management -caring for the elderly and self care while helping elders.
NWC Art	Community Dinners	Community Dinners
I'm 76 going on 77 so I mainly stay home.	Sorry, I don't know as I haven't attended many functions for almost 20 years. What I've heard that was successful was Regalia making. Kids programs.	- Teaching our young people about our history do they'll know here they come from. - Teaching our cultural way of feasting, houses, etc..
Knowledge in Band Admin/Projects and negotiations with governments in treaty and resources agreements.	- Economic and social development. - Leadership training - Cultural training - Education	Sports.
Love cooking, baking, care giver.	Kids activities, ex: hockey, outdoor activities	youth group arts and crafts.
Water Treatment.	Hall use, Hockey, Kickball, B-Ball.	A weight room or a workout spot with equipment, a sweat lodge.
Fishing, hunting, car, small engine repairs, house builder, security and cooking.	Gardening, potlucks, dances. Things to bring people together more.	Better playground, water park for kids.
Brighter Futures Coordinator, I provide pre/post natal support, nutrition education, special needs advocate for support. Child safety, applied suicide intervention skill, end of life doula, assist with your will, food skills for families, trauma loss facilitator, trauma informed care, building of culture of strength facilitator.	Food skills for families. More activities to promote healthy eating and exercise.	I'd like to see our language program again and a night to teach our culture.
I pump peoples gas.	Concert in the parking lot.	Burger king. Better transit system.

Cultural Knowledge. Traditional harvesting.	Youth events, more awareness. Cultural events so the people can learn.	AA meetings, land base activities.
Nothing.	There are no activities happening that I am interested in.	Access to the hall without having to rent it.
Teach beadwork, regalia, designs, painting and sewing and medicine.	School and community come visit the carvers at work, but the shed is small.	A community carving shed, that is big enough for 6 plus carvers.
Drum making workshops.	Drum making, cultural education workshops, swimming.	Pumpkin carvings, canoes (learning).
Our dance group is open to those wanting to join - Monday 6-7pm Waap Galts'ap Longhouse (college). Also a Sm'algyax language learners - Sunday Sm'algyax.	- Traditional song and dance sharing - open venue - Art night - Recreation night for families	Open gym for community, drop in after school.
Construction/carpentry	Sports/language and culture.	Totem poles/ longhouse/ and a good community hall.
n/a	sports options.	More baseball activities, if there are any. Musical options. Better community safety.
None.	Sports, Indian dancing.	Don't know.
Healthcare.	Not much happening right now.	Activities off reserve.
Weaving, art.	Carving, art designs, dancing.	Bingo. :)
I beaded many years ago but have forgotten what I've learned. I worked as a health care provider for several years and I still cut hair occasionally. I am retired.		Graveyard care done often. (part of culture) Weed eat front of all yards. I think a drug rehab clinic where people can be referred to. (There may be already)
Beading. Social determinants of health information, engagement strengths, social work, traditional knowledge	More crafting, community events, distributed by not having "one family" in charge	Youth programs workshops empowerment
I know how to crochet, bead (basic), make wreaths.	Arts and crafts.	How to process wild game from skinning to cutting to freezer, then cooking classes.
None	Cedar weaving classes	A park for kids
Cook	Kids camp	Summer camp
Administrative	Community garden	Apartment complex

Art, get together, talk, cook traditional foods	Garden, "young people" place to unwind and have fun	Communication, collaboration, harmony, mostly "trust" and listen
N/A	N/A	N/A
Crocheting	Everything	Firehall
?	Community cleaning	Fire truck/first aid truck
none	nothing	Get a new firetruck, helps while waiting for firetruck to come
Being in leadership for the first time, I feel that I can bring solutions or I will look for some new information to assist and offer positive feedback to citizens, helping them to feel secure within themselves.	We have our own culture keeper, and his role (\$ is) to keep safe our culture, he has coordinated a dance group, and we have to make our regalia, and we attend dance practice to be able to perform for our community.	I would like to see more activities and information. workshops on different topics that can and will benefit them in a long term care for the individual and their family members...more workshops would be great!!!

Is there anything else you would like to share?	What are your community customs and traditions?
n/a	
more cultural fundamentals taught here	limited
more youth activities, trips, things that will draw the youths interests, youth fund raisers	the only ones I'm aware of is for a death or stone moving feasts
	I have none
No	Not sure
N/A	Feasts
-Need workshops that work on self esteem, self confidence for varying age groups/genders. -Would like to see more health activities that are consistent like yoga, tai chi, Zumba. -stress management etc. -need fun physical activities that don't require a lot of equipment.	I'm first generation Chinese who married into a First Nations culture. There are a lot of similarities between Chinese and First Nations traditional culture, like respecting elders and caring for them. Brides use to wear red when married, using natural medicine from the land so plants used for healing teas and food.
N/A	Not Sure
I love canning pickles, zucchini, relish, tomatoes, jam, etc. If anyone is interested I can teach them. My daughter learned from me and canned until she got sick. Now her daughter has learned and continues, I bought	Unfortunately, I was raised in Residential School for 9 years and then I lived in Prince George and didn't learn anything until I was in my 40's and 50's. I've since learned a bit about our feasting and houses.

her all her canning needs so she could succeed. I started canning fish when I was 9 years old.	
No, can't think of anymore.	Hereditary system.
need to keep our youth away from drugs and alcohol use, teach them life skills.	Harvesting seafoods, fish, berries, moose hunting.
n/a	Feast.
Art class, fly tying classes.	Fishing, hunting.
	Language and crafts.
	Feast for peoples funerals.
More drumming, learning cultural protocols from the house chiefs.	We are still learning.
n/a	Trying to get back to the traditional ways, but it is more or less whatever suits the people at the time.
	Smudging, honoring people who pass. Collect medicine for people who can't get out.
Need fruit and veggie food share.	Matriarch. Regalia by (who's wilp belonging to)
Traditional harvest areas around Kitsumkalum - mapped out and signage.	Feasting and traditional song and dance. language learning.
	food fishing/ trapping.
no.	There's a few.
no.	Dancing, arts, blanket making.
	Gatherings.
	Making our homemade stuff. For instance, blankets, socks knitted, scarves.
Very grateful for what we have. Not grateful for all the drug use. drugs available. I think with all the drugs, booze, ect. available; a large house for these one to live at under supervision, but if they aren't obeying maybe should leave.	Be punctual Make what you can Try to be active Greet others Do what you can
No	I'm gitxsan so I follow gitxsan laws and traditions
	Settlement Feasts, Stone movings.
Off reserve included in food give aways when happening	Nothing
More happy events	Tsimshian

Do not let anyone try to "sneak attack", innocent people.	mushrooms, oolichans, smokehouse, jarring - "mon-um-hoon", salmon, crab apples, berries
Not that I can think of	Canning food and picking berries
No	Feast oy, oy
No	Hinting/fishing
no	I keep to myself/sorry
I would like to touch a bit on the topic of "racism", there is a definite line within our community on both sides of people living in a small town, I feel, that something can be done in this area.	As for the customs it is customary to give a hug upon introduction and we have a custom to seek out a partner from the opposite clan from yourself ie: ? people can't marry from the same clan! Traditionally we do share our customs to newcomers by sharing a meal together.

What are your ceremonies?	What languages are spoken?	What forms of art and music exist?
I have only participated in memorial, funerals, and feasts.		
limited to feasting	limited in use	some carving and weaving
modern feasts	English, with a few Sm'algyax speakers	modern and indian singing
Birthdays and congratulatory parties	English	There are a couple of traditional artists in the community
Not sure	Tshimsian	Sharon Bryant has the best
Feasts	Sm'algyax	Drumming
We respect and honor when loved ones have passed away with ceremonies. Once a year we fed a fire with food and things that were favourite or loved "deceased" person (we acknowledge and believed in reincarnation before Christian influence) in China.	Toi-san (Chinese-Cantonese). My families village language, like First Nation culture, the Chinese people have "honsei" but they are villages of same last names like Chows, Wongs, Yans, etc.. Couldn't marry anyone in same village. Had to leave to marry someone from another village.	I, unfortunately, don't know as I never explored or learned about them.
Not Sure	English	Carvings, Engravings
I am a born again Christian so that is my only ceremony.	I knew my language from babyhood until I turned 8. That's when I went away to residential school. A few years ago Miguel	None.

	was holding lunch hour Sm'algyax classes and I participated. My language started to come back but I can't hold a conversation.	
Hereditary Chiefs participate in all Band functions ie. Funerals, stone moving, name giving, any other events.	English, Symal (Sm'algyax)	Tsimshian Carving (Plaques, Totem Poles, Canoes) Tsimshian songs and dancing.
Don't know.	English.	Don't know.
Feasting.	English.	I don't know.
Traditional native Kitsumkalum.	English.	Kitsumkalum.
	Myself, just english.	I haven't seen anything in a while (I think due to covid)
Praying before dinner.	English.	Drum making.
Coming of age.	Learning the language.	None.
Burials and headstone moving.	English.	Handful of artists, 1 drum group.
	Tsimshian, sometimes.	Northwest Coast Tsimshian Art.
Prayers, songs, drumming.	English.	None (except at our house/family)
Clan feasts: naming feasts: cleansing feasts.	Sm'algyax	Traditional song and dance
naming feast.	Tsimshian/English	not much.
Around here? not much.	English, Sm'algyax	Sometimes there is dancing. There is regalia making and more.
none.	English.	Dancing.
Naming, funerals, weddings.	English, Sm'algyax.	Many, I listen to amixtive ot music. Anything is art, baking, a plated meal.
	English.	Storytelling, some cultural dancing (rarely).
I (sometimes) go to ceremonies at hall. Deaths, weddings, stone movings. Church held every other week at comfort inn.	English. Some speak Sm'algyax	Art, native beading, carving, knit, sewing, music, guitar, drumming.
	Gitxsan	

I do not think we really have ceremonies.	Sm'algyax, English.	First Nations Art.
Not sure	English	Native art
Tsimshian	English smalyx	Drumming
Eat wild salmon, wild berries, wild apples etc. Get together, and share, smile a little bit and make a joke!	Tsimshian/Non Chab Halth	Happy funny Native songs
N/A	English, Tsimpsian	Carving?
?	English	?
?	None	?
sorry	English	N/A
We have a wedding ceremonies, we have a ceremony for when a young girls becomes a woman, when someone gets their first moose, they must give it all away to the people, for good luck for the next hunt will be successful.	We are still in the process of learning our native language of "tingeit?" We have a handful of instructors that need to pass on their knowledge of teaching new languages.	thanks to our culture keeper we have our art work on our lakes and in different places on the land. ie: carvings in trees, As for music, I wish that we have more participants who want to learn to play more music.

What different forms of spirituality are present and expressed in the community?	Is there anything else you would like to share?
	I am not sure of a lot of traditional things in the community because I have been very busy with school.
colonial churching	no
smoke houses, preserving foods	would like to see Kitsumkalum have their own indian dance group, community teachings of berry picking, preserving foods, gathering cedar and teaching to weave, etc.. bring in a local Sm'algyax teacher for in class sessions.
I haven't seen any spirituality within the community	
Not sure	No
N/A	N/A

I think it's diverse. Mostly Christian faith due to historical influences like most countries. I'm of spiritual faith. I follow nothing traditionally. My moral and ethical code is to be kind, caring, loving of people and to self; loved ones, laugh lots, appreciate, be thankful, work hard. Try, trust and use my kawanni. Have few regrets in life.	I appreciate when events that are happening in the community are posted ahead of presentation time, so people can organize selves to be present. Sometimes I find out at last minute due to late postings too close to date. Not all people have electronic devices to be notified of events. Appreciate activities and/or events that happen in weekend or evenings so working people can participate.
Not Sure	no
Various but I'm a Christian who goes to church twice on Sundays. I'm also on the prayer chain to pray for others who request it.	I can only share a bit of financial support or donate goods to community events. Kitsumkalum has always shared to others in need for medical travel or funerals or even for loss of a home due to fire.
Churches.	I'm looking forward to the future, our younger people are growing up and taking their places in our society. Our social, economic and cultural programs are growing. In a few years we will be self reliant, self sufficient and self governing.
Christianity, some native culture.	no.
Nothing I know of.	n/a
All.	Glad to be home.
Be respectful of culture. Hasn't been a lot due to covid.	
It's up to each person, but it comes down to a persons choices.	Need more information on how to mend nets. How to take care of a smoke house. How to harvest plants.
organized religion.	nope.
Christianity, respect for religion.	Really want a larger carving shed.
Only at weddings/funerals.	Need elder activities: arts, crafts, regalia making, seasonal crafts making.
Christianity and spiritual.	Elders knowledge and stories with the adults and youth.
	Community safety needs to be improved.
Dancing.	no.
Christianity, not sure what else.	
	Share our community with lots of art knowledge, basket weaving, and groups show how to and don't pressure to meet. Togetherness.

I am not sure, with some there is God's spirit. Who is a triune God, and if we believe in Him, we are one with him. I think there are some bad spirits too, and an in different kind.	In the past Sandra and Annette and Melody always were willing to share their great talents.
None that I know of.	
No	No
Drumming	More happy events
Nil	Nil
?	Not that I can think of
?	No
? (sorry I rarely afferd stuff)	?
N/A	No
For our spirituality is concerned, we will our own individual practicing spirituality within ourselves. We will say opening and closing prayers before starting our leadership ,meetings on our joint clan meetings.	I feel that we need to have more videos being shown to our citizens with addictions, I think that if the person with addictions can see/witness what their families are going through trying to keep them loved ones alive!



Kitsumkalum Nation Health Services

The Kitsumkalum health centre provides many services to the community, they also have many workers who are prepared to help them with whatever medical help they need. They provide services to elders, medical shut ins, diabetics, adults, and children. They have a food pantry on the first Tuesday of every month that gives food to people. They have a health care aid that goes to people house and helps members; they also have a home visitor program that checks on elder community members and helps with referrals to housing and advocate to doctors. They also have a doctor a day and a dentist day which is when a doctor or a dentist comes to the community for the day and provides them with services. There is a nurse practitioner, an occupational therapist, dietitian, and a National Native Alcohol and Drug Abuse Program (Nadaap) counsellor that works out of the health centre and provides services. The health centre also provides the community with varies programs and support which includes:

- Mental health support
- Emergency support
- Water and fire safety
- Bike safety
- Fire protection
- End of life support
- Trauma informed care
- Pre and postnatal
- Communicable disease education
- Planned parenthood

The health centre also works with other nations to provides services and collaborate, they also work with northern health and private sector doctors to ensure that community members are provided with as much help as they need. The health centre also helps with people that are evacuated due to natural disasters.

Health care programs are funded by First Nations Health Authority (FNHA), and long-term care services are funded by Indigenous and Northern Affairs Canada (INAC). Funding for other programs and services comes from grants.

Access Patient Travel

Non-Insured Health Benefits: Medical Patient Transportation

Providing local and out of town transportation to eligible First Nations.

Kitsumkalum Health Centre provides public transportation for community members to attend medical appointments.

Kitsumkalum Health Centre administers the Medical Transportation Program for First Nations Health Authority.

This Program is administered according to Health Benefits guidelines.

For more information call Kitsumkalum Health:

Toll Free: 1-844-869-5993 | Phone: 250-635-6172

Prince Rupert Patient Travel: 1-888-624-5504 | Fax: 250-622-2893

LINKS & RESOURCES

First Nations Health Authority

<http://www.fnha.ca>

Health Canada – First Nations Inuit Health

<http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php>

Ministry of Health Services

<http://www.health.gov.bc.ca/aboriginal/index.html>

BC Centre for Disease Control

<http://www.bccdc.ca/default.htm>

BC Drug & Poison Information Centre

<http://dpic.org>

College of Physicians & Surgeons of BC – Find A Physician Accepting New Patients

<http://www.cpsbc.ca/find-a-family-physician>

Health Canada – Diabetes

<http://www.hc-sc.gc.ca/fniah-spnia/diseases-maladies/diabete/index-eng.php>

Health Canada – Non-Insured Health Benefits (NIHB)

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>

Health Link BC – Non-emergency Health Information & Services

<http://www.healthlinkbc.ca>

NHA Facility Contacts:

Terrace Health Unit **250-631-4200**

Mills Memorial Hospital **250-635-2211** Fax: 250-635-7639

Prince Rupert Regional Hospital **250-624-2171** Fax: 250-624-2195

Kitsumkalum Nation Employment & Training Services

Skills Training Development Funds from Tsimshian Alliance

The employment and training department helps the community members who are interested in the trades, they also help with resumes and cover letters. They will help you get your drivers licenses and industry tickets. Their goal is to make sure that you are prepared for whatever industry that you would like to work in.

The Provincial Government has committed funding in the amount of nine million dollars over a 3-year period; 2016, 2017, and 2018 to the six (6) Tsimshian Bands making up the “Tsimshian Alliance”; Hartley Bay, Kitkatla, Kitselas, Kitsumkalum, Lax Kw’Alaams, and Metlakatla as part of a commitment to reconciliation, to develop strategies and key actions to assist community members with the development of job specific skills through training, education and employment readiness programs.

The Tsimshian Chiefs have agreed that the nine million dollars will be divided 50% on an equal split to the Tsimshian Alliance member Bands and 50% based on Band populations. The terms of agreement have been approved for signing and implementation started November 30, 2016.

Kitsumkalum Band members wishing to access funding for training will be required to participate in an assessment process that will assist with developing an education plan, inclusive of a financial plan to ensure financial stability.

EMPLOYMENT & TRAINING SERVICES OFFERED TO KITSUMKALUM MEMBERSHIP

ASSIST KITSUMKALUM MEMBERS WITH:

- Training
- Finding employment
- Career counselling
- Career assessments
- Resumes
- Cover letters
- Labour market information,
- Funding for driver’s license training and Industry Certifications
- Returning to educational opportunities

Text or Call (250)- 641-9070 to kick off your career today!

** If you text Tom, please give your name upon contacting him for the first time by text message.

Call (250)638-6204 to start today!

Kitsumkalum Band members wishing to access funding for training will be required to participate in an assessment process that will assist with developing an education plan, inclusive of a financial plan to ensure financial stability.

TERRACE OFFICE – SAME BUILDING AS TRIGO’S FOOTWEAR

Days: Monday, Tuesday, Thursday, Friday

Hours: 8:00 am to 4:30 pm

Address: #203-4546 Park Avenue, Terrace B.C.

| (250) – 641-9070

JOB SEARCH – ONLINE RESOURCES

Indeed Job Search

<https://ca.indeed.com>

WorkBC Official Website

<https://www.workbc.ca>

WorkBC Employment Services Centre

www.workbccentres.ca

BC Jobs & Careers, Largest Job Board in BC

<https://www.bcijobs.ca>

British Columbia – Job Search – Job Bank

<https://www.jobbank.gc.ca>

BC Hydro Job Board

https://www.bchydro.com/careers/current_opportunities.html

Jobs in British Columbia, CANADA | Workopolis

<https://www.workopolis.com/jobsearch/jobs-in-british-columbia-canada>

BC Public Service – Job Opportunities | BC Government Employment

<https://search.employment.gov.bc.ca>

OTHER ONLINE RESOURCES

Trades information

<http://www.itabc.ca>

Explore Careers

<https://www.workbc.ca/Jobs-Careers/Explore-Careers.aspx>

There are 118 houses on the reservation, 57 of them are band owned houses. In the future they plan on building more tiny houses. There is also the possibility of building new houses depending on the land availability and funding from the government. They have recently built tiny homes in the community that are designed as bachelor suites.

It is the intention of the Housing & Property Maintenance Department and the Housing Committee to accommodate the housing needs of Kitsumkalum members. This includes providing the infrastructure, adding new houses, and managing rental accommodation.

Kitsumkalums' Housing Department manages social housing units and band-owned rental units and rent to own units. The Housing Department also secures funding for new houses, repairs and renovations; managing sub-division home construction; and meeting reporting requirements for Indigenous and Northern Affairs Canada (INAC) and the Canada Mortgage and Housing Corporation (CMHC).

HOUSING APPLICATIONS AND TIPS FOR HOME CARE & PAYING RENT

HOUSING APPLICATION

Apply for a House On-Reserve: Kitsumkalum IR1

HOUSING POLICY

View Kitsumkalum Housing Policy – Adopted December 2014

MAINTENANCE AND REPAIRS

Apply for Maintenance and Repairs to your House (for those still paying band-owned rent/mortgages)

Apply for CMHC Assistance with Repairs (for those with band-owned mortgages paid off)

ACCESSIBILITY

Apply for CMHC Assistance with Making a Home More Accessible for Elders

Kitsumkalum Housing Department offers assistance in applying to CMHC's HASI Program. If you own your home and are 65 and over you may qualify for up to \$3500.00 in renovations to improve mobility and accessibility in your home.

MINISTERIAL LOAN GUARANTEE

Chief and Council may consider to approve a ministerial guarantee to assist members with financing for house construction or renovations on reserve.

FROM KITSUMKALUM HOUSING POLICY, SECTION 12.1.4

If the tenant fails to pay the arrears in full or fails to meet with the housing department staff and make a written agreement to repay the arrears by the end of the 10-day period, the following actions for non-payment of rent will be taken immediately:

- a) Rental arrears will be reported to the credit bureau;
- b) The tenant may be denied repairs/renovations (other than those required to meet health and safety standards; and
- c) As a last resort, steps will be taken to carry out an eviction.

HOME CARE TIPS & RESOURCES

[Kitsumkalum Housing Maintenance Guide](#)

[Clean & Prevent Mould in Your Home](#)

[Tips to Prevent House Fires](#)

[Home Maintenance Calendar](#)

Links:

[Canada Mortgage & Housing Corporation \(CMHC\)](#)

[First Nations Market Housing Fund](#)

[First Nation Housing – INAC](#)

Kitsumkalum Nation Education

The education department provides members with a chance to get post secondary education both on and off reserve. While in post secondary, they provide students with a living allowance, so they do not have to work while also going to school. They also support the members who need to upgrade their schooling before heading to college or university. They pay for tuition and books in college or university. This department also works with the local schools to ensure that the students are meeting the expectations that they need to at school.

Na Aksa Gyilak'yoo School

NAGK MISSION: Kitsumkalum Band Council supports all learners in a variety of communities and from diverse cultures and backgrounds.

Through teamwork and the building of positive relationships we create a fair, respectful and nurturing environment.

We enable students to experience success, to maximize their potential as educated citizens, and to contribute to a changing society.

<http://www.nagkschool.ca/>

LINKS & RESOURCES

POST SECONDARY APPLICATION

[Kitsumkalum Post Secondary Application & Checklist](#)

TRADES FUNDING APPLICATIONS

[Tricorp Trades Funding Applications & Links](#)

[PGNAETA](#) (Prince George Nechako Aboriginal Employment and Training Association)

[Aboriginal Learning Links](#)

[New Relationship Trust Scholarships and Bursaries](#)

[Indspire Bursaries & Scholarships](#)

[Aboriginal Bursaries Search Tool](#)

[AboriginalStudents.ca](#)

This program provides funds to support Kitsumkalum registered academic-stream College and University students. Applications are available from Kitsumkalum Education Department or can be [downloaded here](#).

Applications to start Post-Secondary in September must be submitted by May 20th of same year or earlier. This allows for additional funding requests to INAC if required.

INAC funding is limited to 14 students, submit your application early.

If you are thinking about going back to school contact the Education Department to start planning, applications and paper work may take time.

This program provides funds to support Kitsumkalum registered academic-stream College and University students.

Student Eligibility:

- Must be a REGISTERED Kitsumkalum member
- Must have acceptance letter from an eligible program at an eligible institution – [Thinking of taking up a Trade? Click here](#)
- Must report academic standing – supports can be advised if tutoring is required
- Must complete application for funding

[BC Ministry of Education link](#) for eligible schools.

Eligible programs must meet the following criteria:

- Be at least one academic year in length (as per institute standards)
- Lead to a degree, certificate or University College Entrance Preparatory (UCEP) program

Please note: If you are thinking of going to post-secondary, contact Charlotte Guno immediately, as funds are distributed from INAC (Indigenous & Northern Affairs Canada) based on previous year reporting. The Education Departments requests funds from INAC based on requests received by membership.



Kitsumkalum Nation Social Development Services

The social development department provides eligible Kalum members on reserve with help to meet their basic needs. They provide income assistance, Training, and employment incentives. They can also allow their recipients access to services that will enhance their ability to assume responsibility of their own affairs.

Kitsumkalum Social Development provides financial support to eligible adults and dependents living on-reserve who are unable to meet their basic needs. The Kitsumkalum Social Development Program is governed by various Government of Canada authorities.

The broad objectives of the Kitsumkalum Social Development Program are:

- To assist persons living on reserve in maintaining a basic standard of living
- To prevent dependency by developing individual and family strengths
- To assist recipients to access services that will enhance their ability to assume primary responsibility for their own affairs

The following programs are delivered on-reserve:

- Basic Needs
- Training Employment Support
- Special Needs
- Family Violence Prevention
- Guardian Financial Assistance
- Community Support Services
- Adult In-Home Care
- National Child Benefit Reinvestment
- Employment Initiatives, and
- Community Preventative Services

LINKS & RESOURCES

NORTHWEST INTER-NATION FAMILY AND COMMUNITY SERVICES SOCIETY (NIFCS)

Northwest Intern-Nation Family and Community Services Society (NIFCS) manages custody and guardianship for children who have been permanently removed from their homes. They deliver this service to 9 First Nation communities including Kitsumkalum.

The information sheets below provide information on the various programs available to families and others who are trying to help children who have been apprehended by the Ministry and are in permanent care.

Questions regarding these programs or other items related to their services can be directed to the NIFCS office in Terrace at 250-638-0451 or Toll Free 1-888-310-3311.

More information regarding this organization can also be found on their website: www.nifcs.org.

Adoption

Extended Family Program (EFP)

54.1 Custody

Child Out of Parental Home (COPH)

CONTACT INFORMATION – SOCIAL DEPARTMENT SHIRLEY BOLAN 250-635-6177 ext. 103

NIFCS – Lighthouse

Northwest Inter-Nation Family and Community Services Society is also new to the community in a building beside the health centre called The Lighthouse. The Lighthouse does many programs for the community with a target age of 0 – 100 so there is no age limit. They provide youth empowerment programs, cultural activities, and programs for all age groups. Those programs include Child development classes, Computer classes, and parenting classes. They also have life skill coaches, youth workers, and social workers.

Kitsumkalum Nation Economic development

The economic development building has many different departments. They cover the businesses that are in the community like: Tempo gas bar, The Quarry, new school, 300-man camp. There are also several other departments in the same building that we will touch on.

The 300-man camp is new in the community, it was built for the workers building the new hospital in town. They are also building a new school in the community; the school will range from kindergarten to grade 12.

The natural resources department works with land base activities and deals with the provincial and federal government on some activities. Kalum Ventures does tree harvesting with the provincial government. Kitsumkalum also has a gas station in the community that hires community members and provides them with on-the-job training. There is a new business, it is a Kasiks which is a camping ground and lodge. It provides the employees with the tourism industry as well as cultural events that can be held out there.

The fisheries department does many things for the community such as food fishing in harvesting seasons for the members who do not have access to the water. They also do wildlife studies and monitors fish for research. They also go compliance monitoring within the traditional territory. The Referrals department deals with the development in the community, they make sure all the environmental studies are done for developments in the community.

Kitsumkalum Nation Lands Department

The Lands department is responsible for the management, conservation, and protection of Kitsumkalum's reserve lands with the department policies and procedures of the Land code. The land code gives Kalum the rights to manage their reserve lands without the approval of the federal government.

The land code gives the Kitsumkalum more of a say in their businesses like the Kalum Quarry, the pellets that they make and the decision to make build a 300-man camp on reserve lands. The department provides the following services:

- Processing allotment applications
- Processing licenses and permits
- Additions to reserve applications
- Land registration
- Maintaining Land records, maps, and Land Status reports.

Public works

The purpose of the public works department is to maintain the infrastructure in the community, as well as plowing to roads and elders' driveways in the winter. They also maintain the water plant in the community, and the graveyard.

Treaty

The Kitsumkalum Treaty department deals with the negotiations of the treaty. They send out community newsletters as well as community dinners to update members on the status of the negotiations. We are currently in stage 5 of the negotiations.

Communications

The communication department of Kitsumkalum provides community members with updates about the community. They maintain Kitsumkalum's website and make sure that it has the most up to date information. They also maintain the Kitsumkalum Facebook page and community newsletters that are distributed online via emails as well as paper copies distributed to the offices in the community.

First Nations Health Authority (FNHA)

Overview

<https://www.fnha.ca/about/fnha-overview>

About the FNHA

The FNHA is the health and wellness partner to over 200 diverse First Nations communities and citizens across BC.

In 2013, the FNHA began a new era in BC First Nations health governance and health care delivery by taking responsibility for the programs and services formerly delivered by Health Canada. Since then, the FNHA has been working to address service gaps through new partnerships, closer collaboration, health systems innovation, reform and redesign of health programs and services for individuals, families, communities and Nations.

The FNHA is also a champion of culturally safe practices throughout the broader health care system. Taking a leadership role, the FNHA actively works with its health partners to embed cultural safety and humility into health service delivery and improve health outcomes for First Nations people.

Our Services

The FNHA's community-based services are largely focused on health promotion and disease prevention and include:

primary health care through more than 130 medical health centres and nursing stations

- children, youth and maternal health
- mental health and wellness
- communicable disease control
- environmental health and research
- health benefits
- e-health and telehealth
- health and wellness planning
- health infrastructure and human resources

First Nations Health Authority Programs & Services

Browse through our programs, services and initiatives on this page or open our [Programs and Services Guide](#).

Chief Medical Office

[Watchmon Role, Population and Public Health Reports, Physician Team](#)

[Sacred and Strong: Report on the Health of Women and Girls](#)

Communicable Disease Control

[Communicable Disease Emergency Response](#)

[COVID-19](#)

[Immunization Program](#)

[Infection Prevention and Control](#)

[Influenza \(Flu\)](#)

[Panorama Program](#)

[Sexually Transmitted and Blood-Borne Infections](#)

[Tuberculosis Services](#)

eHealth and Virtual Health

[Maternity and Babies Advice Line](#)

[Telehealth](#)

[Virtual Doctor of the Day](#)

[Virtual Substance Use and Psychiatry Service](#)

Environmental and Emergencies

[BC LEO Network](#)

[Drinking Water Advisories](#)

Drinking Water Safety Program

Environmental Contaminants Program

Environmental Public Health

Indigenous Climate Health Action Program

Wildfire Response

Watch Project

Health Systems Support

Community Accreditation and Quality Improvement

Community Health and Wellness Planning

Funding Arrangements

Health Human Resources

Traditional Wellness and Healing

Urban and Away from Home Health and Wellness

Healthy Living

Advance Care Planning

Cancer Awareness

Chronic Disease Prevention and Management

Elder Abuse Awareness

Injury Prevention and Control

Maternal, Child and Family Health

Aboriginal Head Start On-Reserve

Children's Oral Health Initiative

Dental Therapy

[Early Childhood Development](#)

[Fetal Alcohol Spectrum Disorder](#)

[Healthy Pregnancy and Early Infancy](#)

[Jordan's Principle](#)

[Maternal and Child Health](#)

[Prenatal Nutrition Program](#)

[Youth Solvent Abuse and Suicide Prevention](#)

[Videos for New Moms](#)

Mental Health and Wellness

[Non-Medical Cannabis](#)

[Opioid Agonist Therapy](#)

[Harm Reduction](#)

[Residential Schools](#)

[Treatment Centres](#)

[Mental Health and Wellness Fund](#)

Nursing Services

Research and Knowledge Exchange

[Data Governance](#)

[Health Surveys](#)

[Research Resources](#)

FNHA BENEFITS

The FNHA Health Benefits Program provides status First Nations people living in BC with a comprehensive and community-driven health benefits plan. <https://www.fnha.ca/benefits>

Health Benefits Program Overview

Program goals, benefit areas, client satisfaction survey and contact information

Am I Eligible for Health Benefits?

Eligibility criteria and how to enroll

Detailed Plan Coverage

What's covered and how to check your own coverage details

Are You a Provider? Resources for **Mental Health Providers** and **Pharmacy Providers** and **Pacific Blue Cross Providernet contact information**

Health Benefits News: **The latest news from Health Benefits**

Provincial Health Services Authority (PHSA) Medical Programs and Services

PHSA has a unique role in BC's health authority system: to ensure that B.C. residents have access to a coordinated provincial network of high-quality specialized health-care services.

PHSA Mandate

PHSA is working collaboratively with the Ministry of Health and regional and First Nations health authority partners to move forward with the shared goal of better serving patients with a more integrated system of care.

PHSA's focus is described in two documents. The **Foundational Mandate** describes the multi-year, foundational elements and the **2021-22 Mandate Letter** outlines the Ministry of Health's specific directions to PHSA for the fiscal year.

Overall, these letters outline PHSA's province-wide responsibilities in four key areas:

- Provincial clinical policy
- Provincial clinical service delivery
- Provincial commercial services
- Provincial digital and information technology

PHSA Medical Programs and Services

- BC Autism Assessment Network
- BC Cancer
- BC Centre for Disease Control
- BC Children's Hospital and Sunny Hill Health Centre
- BC Early Hearing Program
- BC Emergency Health Services
- BC Mental Health & Substance Use Services
- BC Renal
- BC Surgical Patient Registry
- BC Transplant
- BC Women's Hospital + Health Centre
- Cardiac Services BC
- Cystic Fibrosis Care BC
- Ethics Service
- Health Emergency Management BC
- Indigenous Health
- Provincial Laboratory Medicine Services
- Mobile Medical Unit
- Perinatal Services BC
- Post-COVID-19 Recovery Clinics
- Provincial Infection Control Network of BC
- Provincial Language Service
- Provincial Retinal Disease Treatment
- Services Francophones
- Stroke Services BC
- Trans Care BC
- Trauma Services BC

The Northern Health Authority (NHA)

Description

The NHA is a regional health authority of the Province of BC providing health care and support services to residents of the Northeast, Northern Interior, and Northwest regions of BC. Services are provided through a network of hospitals, clinics, health units, and residential facilities.

Key service areas include hospital care, Indigenous health, home and community care, public health, mental health and substance use, and environmental health.

Northern Health Authority Information

Home Link

- [COVID-19](#)
- [Health topics A-Z](#)
- [HIV and hepatitis C](#)
- [Medical tests | HealthLink BC](#)
- [Medications | HealthLink BC](#)
- [Pregnancy and baby](#)
- [Primary and community care](#)
- [Seniors' health](#)
- [Healthy eating at school](#)

NHA Medical Services

- [Digital health](#)
- [Hospital services](#)
- [Mental health and substance use](#)
- [Indigenous Health](#)
- [Environmental health](#)
- [End-of-life care / Palliative care](#)
- [Home and community care](#)
- [Community care licensing](#)
- [Healthy living in communities](#)
- [Programs](#)
- [NH Connections bus](#)
- [Tobacco and vapour enforcement](#)
- [Dental Health Program](#)
- [Aboriginal Patient Liason – Terrace Mills Memorial Hospital](#)

A Comprehensive List of ALL NHA Programs

Aboriginal Patient Liaison
Acquired Brain Injury Services
Adolescent Psychiatric Assessment Unit
Adult Abuse and Neglect
Adult Addictions Day Treatment Program
Adult Day Program
Adult Psychiatric Observation Unit
Adult Rehabilitation and Recovery Services
Adult Withdrawal Management Unit
Assertive Community Treatment
Assisted Living
Baby's Best Chance Handbook
Breast Milk Donation Drop-Off
Breastfeeding Support
Bulkley Valley District Hospital
Car 60
Chetwynd Hospital and Health Centre
Child Abuse and Neglect
Child Health Clinic
Child Health Passport
Choice in Supports for Independent Living
Community Care Facilities Licensing
Community Dialysis
Community Nutrition
Community Rehabilitation
Community Social Work
COVID-19 Vaccination and Immunization
Dawson Creek and District Hospital
Dental Health Program
Developmental Disabilities Mental Health Services
Diabetes Education
Early Psychosis Intervention
Eating Disorders Clinic
Elderly Services
Emergency Contraceptive Pill
Emergency Health Services
Environmental Health
Environmental Health - Drinking Water
Environmental Health - Food Safety
Family Mediation Program
Fort Nelson General Hospital

Fort St. John Hospital
G.R. Baker Hospital
Grace Young Wellness Centre
Harm Reduction
Health Connections
Health Connections - Haida Gwaii
Health Connections - Tumbler Ridge
Health Services for Community Living
HealtheLife
Healthy Heart Program
Healthy Start
Hearing Clinics
HIV and Hepatitis C Support
Home and Community Care Access
Home Care Nursing
Home Oxygen Program
Home Support
Hospice Palliative Care
Immunizations
Indigenous Health
Influenza Clinics
Injury Prevention Program
Intensive Care Unit
Intensive Case Management Team
Kidney Transplant Clinic
Kitimat General Hospital and Health Centre
Laboratory Services
Lakes District Hospital and Health Centre
Lifeline Medical Alert System
Long-Term Care
Mackenzie and District Hospital and Health Centre
McBride and District Hospital
Meals on Wheels - Prince Rupert
Meals on Wheels - Quesnel
Meals on Wheels - Terrace
Medical Imaging - Bone Densitometry
Medical Imaging - Computed Tomography
Medical Imaging - Echocardiography
Medical Imaging - Magnetic Resonance Imaging
Medical Imaging - Mammography
Medical Imaging - Nuclear Medicine
Medical Imaging - Ultrasound
Medical Imaging - X-Ray Services
Mental Health and Substance Use Services

[Mills Memorial Hospital](#)
[Nechako Youth Treatment Program](#)
[NH Check In](#)
[NORTH Heart Function Clinic](#)
[Northern Haida Gwaii Hospital and Health Centre - Xaayda Gwaay NgaaysdII Naay](#)
[Northern Health Assessment Network](#)
[Northern Health Birthing Centres](#)
[Northern Transgender Health Clinic](#)
[Opioid Agonist Treatment](#)
[Orthopaedic Services](#)
[Overdose Prevention and Response - Northern Health](#)
[Overdose Prevention Site](#)
[Pacemaker Clinic](#)
[Patient Care Quality Office](#)
[Pediatric Services](#)
[Primary Health Care](#)
[Prince George AIDS Outreach Program](#)
[Prince George Peritoneal Dialysis Clinic](#)
[Prince George Urgent and Primary Care Centre](#)
[Prince Rupert Regional Hospital](#)
[Psychiatric Inpatient Services](#)
[Public Health Services](#)
[Quesnel Unit Emergency Short Stay Treatment](#)
[Quesnel Urgent and Primary Care Centre](#)
[Regional Chronic Diseases Program](#)
[Regional NORTH Cardiac Rehabilitation Program](#)
[School Health](#)
[Speech and Language Therapy](#)
[St. John Hospital](#)
[Stuart Lake Hospital](#)
[Surgical Services](#)
[The University Hospital of Northern British Columbia](#)
[Tobacco Reduction](#)
[Toddler's First Steps Guide](#)
[Tuberculosis Prevention and Control](#)
[Virtual Primary and Community Care](#)
[Walk-in Clinic](#)
[Whitehorse General Hospital](#)
[Wrinch Memorial Hospital](#)
[Youth Community Outpatient Service](#)
[Youth OPT Clinic](#)
[Youth Withdrawal Management Unit](#)

Government, Legal, Complaints & Advocacy

BC First Nations Justice Counsel

The BC First Nations Justice Strategy (the Strategy) signed March 6, 2020, brings First Nations and British Columbia into partnership to address poor justice system outcomes for First Nations in BC.

Fully enacted, the Strategy will

- Reduce the number of First Nations people who become involved with the criminal justice system
- Improve the experience of those who do
- Increase the number of First Nations people working within the justice system
- Support First Nations to restore their justice systems and structures

The Strategy includes 42 actions along two paths:

- 1) reform of the current justice system; and
- 2) restoration of First Nation legal traditions and structures.

The Strategy was jointly developed by the BC First Nations Justice Council, BC First Nations communities, and the Province of British Columbia. [Read the Strategy here.](#)

Services

The Indigenous Justice Centre (IJC) in Prince Rupert offers legal services to Indigenous people in the community who otherwise cannot access it. They may not be eligible for Legal Aid for a variety of reasons or need legal advice on matters not covered by Legal Aid.

The Prince Rupert IJC has a Community Outreach Coordinator working with Nations and local service providers to maintain accurate, up-to-date information on each program, eligibility criteria, waitlists and more for programming that may be of interest to our clients.

The Prince Rupert IJC can also assist with reintegration services for people coming back into community from correctional institutions.

Come in and meet with our Community Outreach Coordinator, who will help you decide what services are appropriate for you. It could be:

- An appointment with Legal Aid
- A meeting with our lawyer
- Advocacy and support for dealing with the Ministry of Children & Family Development
- A liaison to help you get support from your First Nations Band
- Creating a restorative justice program that works for you

Contact: Rudy Kelly

Outreach Coordinator, Prince Rupert IJC P: 778-622-3563 E: rupertoutreach@bcfnjc.com
#200 – 515 3rd Avenue West, Prince Rupert, B.C. V8J 1L9

Finances & Government Forms**Service BC Office**

Terrace: 250-638-6515

Service BC provides front line support for many of the hundreds of programs and services the provincial government offers to residents, businesses and visitors.

Will support with Income Assistance forms Ministry of Social Development & Social Innovation:
1-866-866-0800

Income Assistance Disability

Supplemental benefits for patients receiving income assistance (orthotics, dentures, medical equipment)

Employment Insurance & Sickness Benefits 1-800-206-7218

Medical Services Plan 1-800-663-7100

Canadian Pension Plan /Old Age Security 1-800-277-9914

Transportation Services and Programs

<u>TRANSPORTATION BC Transit</u>	250-632-4449
<u>handyDART</u>	250-632-4449
<u>Northern Health Connections</u>	1-888-647-4997
<u>SPARC BC Parking Permit Program</u>	1-888-718-7794
<u>Travel Assistance Program</u>	1-800-663-7100

Housing & Shelters

Ella's Place

Terrace, BC

Second Stage Housing

Under Construction

22 Units

250-635-2373 (225)

Ksan Residence and Shelter

Terrace, BC

20 Beds

250-635-5890

Ksan Transition House Women's Shelter

Terrace, BC

16 Beds

250-635-6447

Mountain View Apartments

Terrace, BC

11 -1 Bedroom Units

778-634-2343 (103)

Scattered Residential Subsidies

Terrace, BC

778-634-2343- (103)

Sonder House

Terrace, BC

Supportive Housing

52 Units

778- 634- 2127 (101)

Stone Ridge Estates

Terrace, BC

45 Units Affordable Housing

778-634-2343 (103)

Terra Nova Housing

Terrace, BC

Formerly Skeena Kalum Housing Society
50 Units
778-634-2343 (103)

Turning Points Housing Connections
Terrace, BC
5 Individual Apartments
Extreme Weather Shelter Program
778-634-2454

The Garage
Warming & Community Centre
3304 Kalum Terrace, BC

FNHA Resources & Programs Related to Substance Use & Addictions

Treatment Centres

Mental Health and Wellness

Mental Health and Wellness Fund

Harm Reduction

Opioid Agonist Therapy

Non-Medical Cannabis

Residential Schools

Northern Health Mental Health & Substance Abuse Services

Services include:

- Intake
- Crisis Response
- Short Term Counselling (individual, family, group)
- Longer Term Case Management
- Provides Life Skills support for activities of daily living
- Medication management
- Psycho-educational groups
- Education
- Naloxone training and Take-Home Naloxone Kit distribution
- Harm Reduction Supplies
- Psychiatric consultation
- The Horizon House Clubhouse - PSR Centre

Opioid Agonist Treatment

- 19+
- Northern Health in collaboration with Alliance Group
- Intake with a clinician
- Monthly intake with addiction specialist Physicians
- Telehealth appointments available for follow up
- Connections to other community services for immunizations and other health care needs
- Life Skills Support

Mental Health Substance Use & Addictions Programs & Resources

Parenting and Substance Use Health Link BC

Visit [Mental Health and Substance Use Supports in B.C.](#), an online resource of over 6,000+ mental health and substance use services. Or, call **8-1-1** any time of the day or night for help navigating the mental health system. For the deaf and hard of hearing call **7-1-1 (TTY)** or for VRS, visit [Video Relay Services to sign up](#) and give them the number 604-215-5101 to call us.

Gambling Support BC

The B.C. Government provides British Columbians with free information and resources to support informed choices and healthy behaviours with respect to gambling participation through Gambling Support BC.

Free prevention, treatment and support services are also available for anyone struggling with their own or a loved one's gambling. If you suspect that you or someone you love needs support or treatment for the negative impacts of gambling products, you can [request support online](#) or contact the multilingual **Gambling Support Line (24/7 toll free): 1-888-795-6111**.

QuitNow

QuitNow is a free program for British Columbians looking to quit or reduce tobacco and e-cigarette use, delivered by the BC Lung Foundation on behalf of the Government of British Columbia. We are here to help you quit and understand what happens when you stop smoking.
1-877-455-2233

Rehabilitation & Recovery Facilities

Gya' Wa' Tlaab Healing Centre

Haisla, BC 250 639 9817

Men only program

12 bed NNADAP funded treatment beds

4 bed NHA funded

Sunshine Coast Health Centre

Powell River, BC 1-866-487-9010

Men only program

30 treatment beds

St. Patrick's House Society

Prince George, BC 250 564-5530

10 Assisted Living Units

Supportive Recovery

Wilp Si'Satxw Community Healing Centre

Kitwanga, BC P: 1-25-849-5211

Co-Ed adult recovery centre

Northern Health Centres

Adult rehabilitation and recovery services

Adult rehabilitation and recovery services are available at a number of locations and provide a varying level of care for adults with mental health and/or substance use issues.

Tertiary resources provide a 24/7 bedded psychosocial recovery and residential care service with both medium and long-term programming for clients with serious and persistent mental illness.

In collaboration with Mental Health & Substance Use team leads, the resources are managed through a Northern Health Mental Health & Substance Use Tertiary Resource Utilization Coordinator which provides a system of bed management across Northern Health.

Area Northern Health sites and resources include:

- **Prince George** – Iris House Adult Tertiary – 10 beds short term recovery / 10 beds long-term recovery
- **Prince George** – Urquhart Residence Adult – 5 beds residential
- **Prince George** – Hazelton House Adult – 6 beds residential
- **Prince George** – Davis Drive – 5 beds supported living
- **Smithers** – Bulkley Valley Lodge Geriatric Tertiary – 10 beds rehab / 4 beds residential
- **Terrace** – Seven Sisters Adult Tertiary – 14 beds rehab / 6 beds residential
- **Terrace** – Birchwood Place – 5 beds short stay / 3 beds residential

Terrace Medical Centres

HG Health Centre

Park Avenue Medical Clinic

Sleeping Beauty Medical Clinic

Spruce Medical Centre

Northern Health – Terrace Health Unit

Clarity Medical Centre

Independent Respiratory Services

Island Foot Clinics

Angela's Hearing Solutions

Terrace Hearing Clinic

Revolution Health & Wellness

Mills Memorial Hospital

Adult Sunshine Centre

Park Centre Pregnancy Care Centre

Terrace Vision Care

Northern BC Sleep Centre

BC Cancer Breast Screening

Drug Rehab.Ca

Within British Columbia are different inpatient and outpatient treatment centers. Long-term residential treatment is always an excellent option, and these programs are usually non-hospital settings. The long-term treatment lasts three to six months or longer, but this depends on the facility. Short-term residential treatment is brief but intensive, and many facilities use 12-step methods along with other methodologies of treatment.

Outpatient drug and alcohol treatment in British Columbia is the more affordable option and is cheaper than residential treatment. However, this treatment option is not ideal for everyone, and typically it is clients who are still working and have the necessary family support. Other forms of rehabilitation include group meetings, 12-step support, individual counseling, and aftercare programs.

Whichever process is taken to initiate treatment, the first step is always detox. The method of detox required depends on the severity of the addiction. For example, severe alcoholism or most types of opioid addiction require a medically supervised detox. Withdrawal management is necessary to control withdrawal symptoms. Conventional detox programs are standard and treat most types of addiction. However, a conventional detox program may not have the necessary medical support. Detox by itself does not cure addiction, and it should not be considered the only treatment option.

Once detox is complete, the next step in treatment is either inpatient or outpatient treatment. Long-term or short-term residential programs are the best options to help anyone struggling with addiction. These programs provide various services and amenities onsite to help each patient. The long-term drug treatment lasts three to six months, or longer and short-term treatment lasts three to six weeks. Short-term treatment is brief but intensive, and many of these programs provide 12-step methods to help patients. However, the methodology of treatment varies for each program, which is why it is important to select the best form of treatment. Outpatient drug and alcohol treatment is effective, but it is not an ideal solution for every addict. Some outpatient centers provide intensive day programs that are good for someone who is still working and who has family support.

DRUG AND ALCOHOL ABUSE TRENDS IN BRITISH COLUMBIA

The city of Terrace is the regional retail and service hub for the northwestern part of the province, and in 2016 the population was estimated at under 16,000 people. Also, the Kitselas and Kismayu indigenous communities neighbor the city. There are many different communities within the northwestern region of British Columbia, and First Nations people have inhabited this region of the province for generations. Unfortunately, substance abuse and addiction have had a significant impact on these communities. According to the [First Nations Health Authority](#), in 2018, 12.8% of all overdose deaths in the province were among First Nations people. Also, in 2018, 193 First Nations men and women died of an overdose in the province. When compared

to 2017, this was a 21% increase from 159 deaths that year. Approximately 54% of the overdose events involve men, and 61% of all the overdose deaths are men. First Nations people report less access to mental health and addiction treatment that is culturally safe and appropriate.

DRUG AND ALCOHOL DETOX & REHAB CENTRES IN TERRACE, BRITISH COLUMBIA

Last updated: Friday, 23, April 2021

Drug and alcohol rehab centers in Terrace, British Columbia, include local meetings and peer support resources to help addicts and their families. The process of searching for treatment should not be difficult. An addiction assessment is a good place to start, and this could be done over the phone or in-person. The purpose of an assessment is to determine the extent of the addiction and what treatment is the best option. Many families are in a situation where their loved one is not willing to accept treatment, which would require a family intervention. Family interventions work and are successful, especially when a family interventionist is hired. An intervention is an excellent option because it helps the family take control and save the life of their loved one.

The first step in treatment is always detox, and the type of detox is determined by the severity of the addiction and what the withdrawal symptoms are like. For example, opioid addiction causes serious withdrawal pain and discomfort, and withdrawal management is needed to manage the symptoms. During withdrawal management, medication is provided to control the withdrawal symptoms. The process would be used for severe alcohol addiction because of how severe alcohol withdrawal could be. However, detox by itself does not cure addiction, and it will not treat the underlying issues of the addiction. The next step in treatment after detox is inpatient or outpatient drug treatment.

Long-term residential treatment is always a good option because these programs last three to six months or longer. Residential treatment centers provide all the amenities and services needed to help each patient through treatment. Short-term inpatient rehabilitation is a popular option because they are shorter programs and only last three to six weeks. Short-term treatment is brief but intensive, and many of these services use a 12-step method along with non-traditional treatment approaches. A short-term program is appealing to someone unable to commit to long-term treatment. Outpatient drug and alcohol rehabilitation programs are good options for people who are still working and who have family support at home. However, an outpatient option requires dedication because the individual is not living at the facility, and there is more pressure with maintaining sobriety.

LIST OF DRUG AND ALCOHOL REHAB TREATMENT IN TERRACE, BRITISH COLUMBIA

12 and 12 Study Group

AA Meetings

Closed Meeting Thursday 7:30pm TDCSS Board Room - Wheelchair Accessible

3219 Eby Street

Terrace, BC, V8G 4R3

Back to Basics (Terrace)

AA Meetings

Open Meeting Sunday at noon AL Martin Building - T.D.C.S.S. Board Room - Wheelchair Accessible

1 (888) 737-8807

3219 Eby Street

Terrace, BC, V8G 4R3

Beginners Meeting (Terrace)

AA Meetings

Open Meeting Wednesday 8:00pm Behind Ksan Shelter - Wheelchair Accessible

2812 Hall Street, 101A

Terrace, BC, V8G 2R7

Big Book Study Group (Terrace)

AA Meetings

Closed Meeting Monday 8:00pm AL Martin Building - T.D.C.S.S. Board Room - Wheelchair Accessible

3219 Eby Street

Terrace, BC, V8G 4R3

Courage to Change (Terrace)

AA Meetings

Open Meeting Friday 7:30pm AL Martin Building - T.D.C.S.S. Board Room - Wheelchair Accessible

3219 Eby Street

Terrace, BC, V8G 4R3

Day by Day Group

AA Meetings

Open Meeting Sunday 7:30pm St. Matthew's Church Hall

4506 Lakelse Avenue

Terrace, BC, V8G 1P4

The Foundry in Terrace

Foundry Terrace is offering young people 12-24 access to mental health and substance use support, primary care, peer support and social services.

Clinical Counselling

- Available by appointment – call 250-635-5596

Walk-In Counselling

- Drop-In available – call 250-635-5596 OR 250-641-2395

Peer Support

- Youth Peer Support Cell Phone: Drop-in available OR call 250-615-8661
- Family Peer Support Cell Phone: Drop-in available OR call 250-615-8312

Youth Groups

- Monday, Wednesday & Friday – 3:30PM-5:30PM
- Email foundryterraceinfo@tdcss.ca to register
- More details available on our Foundry Terrace [Facebook](#) and [Instagram](#)

Foundry Works

- Drop-In Available OR call 250-635-5596 OR 250-641-7143

Nurse Practitioner

- Drop-In Available: Monday & Thursday – 10:00PM -4:30PM

Terrace OAT Clinic

Opioid Agonist Treatment (OAT)

102 4450 Greig Ave

Terrace, BC V8G 1M3

Phone: [250-631-7145](tel:250-631-7145) (OAT nurse coordinator)

Hours

Monday: 1 pm to 4 pm

Tuesday: 1 pm to 4 pm

Wednesday: 9 am to 11:30 am

Thursday: 9 am to 11:30 am

Opioid use disorder is an addiction to opioids like oxycodone, heroin, and fentanyl, and can be hard to overcome on your own. There's a selection of medications used to treat opioid addiction and we call this treatment opioid agonist treatment (OAT). The Terrace OAT program has nurses, doctors, and administrative support trained and specialized in opioid use disorder and medication treatment options. The team works with you, your pharmacist, and other supports you would like involved, to support your treatment and recovery goals. To access the program, call the OAT nurse coordinator from Monday to Friday, 9 am to 4 pm (except holidays) or drop-in during clinic hours.

Two-Spirit

“Two-Spirit” is a term used within some Indigenous communities, encompassing cultural, spiritual, sexual and gender identity.

The term reflects complex Indigenous understandings of gender roles, spirituality, and the long history of sexual and gender diversity in Indigenous cultures. Individual terms and roles for Two-Spirit people are specific to each nation. The word "Two-Spirit" was created in the early 1990s, by a group of Two-Spirit community members and leaders. Due to its cultural, spiritual, and historical context, the concept of "Two-Spirit" is to be used only by Indigenous people. However, not all Indigenous people who hold diverse sexual and gender identities consider themselves Two-Spirit, many identify themselves as LGBTQ+.

Before colonization, Two-Spirit people were included and respected as valued community members, often holding revered roles such as healers, matchmakers, and counsellors, among many others. As part of the colonization process, there has been an attempted erasure of Two-Spirit people. The western religious values and belief systems that were imposed on Indigenous people condemned any sort of sexual or gender diversity, and Two-Spirit people were killed or forced into assimilation and hiding. One of many lasting impacts of colonization on Two-Spirit people, is an increased level of homophobia and transphobia within many Indigenous communities, which can often cause Two-Spirit people to leave their home communities (and subsequently, their families, land, and culture).

The role of Two-Spirit people in Indigenous communities is now being reclaimed, and it is becoming increasingly recognized that homophobia and transphobia are in direct contradiction with most traditional Indigenous values. Reclaiming the traditional roles and value placed on Two-Spirit people's gifts, is part of a larger healing process taking place within Indigenous communities. As part of this reclamation, there has been a resurgence of Two-Spirit leadership, resources, community organizations and events, as well as recognition and representation within LGBTQ+ communities and Indigenous communities.

Source: [Two-Spirit \(phsa.ca\)](https://phsa.ca/two-spirit)

Trans Care BC Resources

Indigenous gender diversity: Creating culturally relevant and gender-affirming services - This three-hour online course is for people working in health and social service settings to increase their awareness, knowledge, and skills when improving service access for gender diverse Indigenous people across British Columbia. The course has been developed in collaboration with gender diverse Indigenous and Two-Spirit community members.

Creating culturally relevant and gender-affirming services – actionable strategies to provide more welcoming services and spaces. 10 strategies focus on what staff teams can do; 10 strategies focus on what you as an individual can do.

Gender-affirming health benefits for Indigenous clients seeking care - The 3-page support tool below may provide helpful information for people on eligible gender-affirming healthcare benefits through FNHA, NIHB, or their band.

Making culturally relevant and gender-affirming referrals - The 2-page support tool below provides helpful questions to consider before referring gender diverse Indigenous and Two-Spirit clients on to other services in order to do our best to make sure that these services are both culturally inclusive and gender-affirming.

Indigenous gender diversity course: Resources for further learning - Trans Care BC encourages everyone to continue learning about Indigenous gender diversity and the broader scope of Two-Spirit cultures, identities, and roles in various Indigenous Nations.

2SLGBTQ+ Resources

Support groups for LGBT2Q+ individuals in BC: [Link](#)

A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals: [Link](#)

Gender-affirming Care for Trans, Two-Spirit, and Gender Diverse Patients in BC: A Primary Care Toolkit: [Link](#)

Trans Specialty Care Program: [Link](#)

Transgender Health Information Program: [Link](#)

LGBTQ People, Drug Use & Harm Reduction (Rainbow Health Ontario): [Link](#)

Human Rights

BC Laws - Human Rights Code: [Link](#)

BC Human Rights Clinic: [Link](#)

BC Human Rights Tribunal: [Link](#)

Human Rights in BC: What you need to know: [Link](#)

Child Protection

Collaborative Practice Protocol: [Link](#)

Aboriginal Legal Aid in BC - Emily's Choice: [Link](#)

Legal Aid BC - Parents' Rights, Kids' Rights: [Link](#)

The BC Handbook for Action on Child Abuse and Neglect: [Link](#)

Child Welfare League of Canada - Duty to Report: [Link](#)

Relevant Laws

Child, Family and Community Services Act: [Link](#)

Good Samaritan Drug Overdose Act: [Link](#)

Infants Act: [Link](#)



Additional Resources for Substance Abuse

24/7 Addiction Medicine Clinician Support Line: 778-945-7619. [Link](#)

Mental Health and Substance Use Supports in BC: Resources can be searched by type, location, and population: [Link](#)

Respectful Language and Stigma: Regarding People who use Substances: [Link](#)

Canadian Centre on Substance Use and Addiction (CSSA) Guidelines

Canada's Low-Risk Alcohol Drinking Guidelines: [Link](#)

Canada's Low-Risk Alcohol Drinking Guidelines Communications Toolkit: [Link](#)

Helping Patients Who Drink Too Much: A clinician's guideline: [Link](#)

Infographics

Canadian Alcohol-related harms: [PDF](#)

Global Alcohol and Health Infographic: [Link](#)

Patient Resource: Alcohol Overdose Awareness: [Link](#)

Patient Resources: Help Lines

BC Nurseline – 1-866-215-4700 is staffed by RN's for triage, assessment self-care, and referrals to withdrawal management services

Access Central – 1-866-658-1221 is Vancouver detox referral line staffed by trained operators with provincial directories

D-Talks Youth Line – 1-866-889-4700 is staffed by social workers providing counselling, coping skills and referrals for youth and their families

Patient Resources: Home Induction of Suboxone: [Link](#)

Provincial Opioid Addiction Treatment Support Program: [Link](#)

Patient Resource: Stimulant Overdose Awareness: [Link](#)

Patient Resource: Take Home Naloxone Training: [Link](#)

Patient Resource: Naloxone Training Videos

How to use Naloxone (Narcan): [Link](#)

Naloxone wakes you up: [Link](#)

Naloxone saves lives: [Link](#)

SAVE ME Steps to Save a Life: [Link](#)

Patient Resource: Toward the Heart Website:

Harm Reduction Site Finder: [Link](#)

Overdose Survival Guide: [Link](#)

Opioid Overdose Awareness: [Link](#)

Quick-Learn Naloxone Training: [Link](#)

Safer Sex and Safer Drug Use: [Link](#)

Take Home Naloxone Kit Information: [Link](#)



EMERGENCY NUMBERS AND HOTLINES

Ambulance/Police/Fire 9-1-1

Poison Control 1-800-567-8911

Northern BC Crisis Line 1-888-562-1214

Teen Crisis Line 1-888-564-8336

Suicide Crisis Line 1-800-SUICIDE or 1-800-784-2433 (BC/Canada)

- If you are in distress or are worried about someone in distress who may hurt themselves, call 1-800-SUICIDE (1-800-784-2433)
- 24 hours a day
- Connects you to a BC crisis line

Centre for Suicide Prevention 310-6789 (no area code needed)

- Mental Health Information Line
- Answered 24/7/365
- Provides empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns

Youth in BC 1-866-661-3311 (toll-free in BC) 24 hours a day

Trans Lifeline 1-877-330-6366

HealthLink BC (healthlinkbc.ca) 8-1-1

Options for Sexual Health 1-800-739-7367

Palliative Care Hotline 250-565-2000 (Ask for palliative physician on call)

Pregnancy Options BC Line 1-888-875-3163

BC COVID 1 888 COVID19

CRISIS RESOURCES

Northwest Counselling: 250-638-8311

NIFCS (Northwest Inter-Nation Family & community):
250-638-0451 / 250-615-3583 (Cell)

National Indian Residential Schools Crisis Line (Canada): 24-hour access

- 1-866-925-4419
- Provides mental health, emotional and cultural support services to eligible former Indian Residential School students and their families
- Resolution Health Support Program Services are safe, confidential, respectful, and non-judgmental.
- Professional counsellors are psychologists and social workers that are registered with Indigenous Services Canada

KUU-US Crisis Services (BC): 24-hour access

- Adult / Elder Line: 250-723-4050
- Child / Youth Line: 250-723-2040
- BC Toll Free Line: 1-800-588-8717

Reasons for calling include but are not limited to:

- Mental health
- Grief/loss
- Abuse
- Peer pressure
- Financial distress
- Employment/ education
- Residential school
- Child welfare
- Addiction
- health concerns
- Divorce/ separation
- Suicide / survivorship

Dear Reader:

This Community Asset catalogue has been prepared by Manon Joice, Proprietor of Skeena Coach, in Kitimat, BC, for the Northern First Nations Alliance (NFNA) Health and Wellness Committee. The asset mapping exercise was commissioned by the First Nations Health Authority to ascertain the area community assets available to serve those living with addiction.

This effort also identifies potential partners and stakeholders to support an Indigenous detox and wellness centre in Northwest, BC. These initiatives have been planned to effectively address the public health emergency and epidemic in our region, substance abuse. The proposed centre promises to blend evidence-based medicine with land-based healing and is intended to fill several of the identified gaps concerning health & wellness, detox, and treatment services within the region and the province. The facility's primary focus groups will include Indigenous youth, women, men, and Elders, as well as the Indigenous 2SLGBTQ+ community and Indigenous families.

The achievement of this work was made possible only through collaborative efforts and activities, including personal testimonies, knowledge translation, information sharing, cooperation, transparency, and teamwork. It is with great appreciation that people, our communities, area organizations, and area agencies have come together in support of the NFNA and their effort; to successfully provide dignified lifesaving detox, rehabilitation, treatment, and wellness services to substance users as well as their families.

Much attention to detail has been attributed to this document, but as with all projects and plans, I trust you understand that not every happening can be foreseen. It remains my hope that the information gathered in this report meets the expectations of the Northern First Nations Alliance and their Health and Wellness Sub-Committee, as well as remaining true to their objectives, mandates, and values. This hope also extends to all our partners in health and wellness who aim to triumph over the many tragedies substance abuse has caused in our region. Any questions or comments regarding the contents of this document may be addressed to the author.

In gratitude for the opportunity to serve, and ever respectfully,

Manon Joice



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I respectfully acknowledge that I am privileged to reside on the unceded territory of the Haisla First Nation.