



GITXSAN NATION GITANYOW COMMUNITY ASSET MAPPING CATALOGUE

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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.

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

- Identify the culture, values, and beliefs of a community

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.

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.

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.

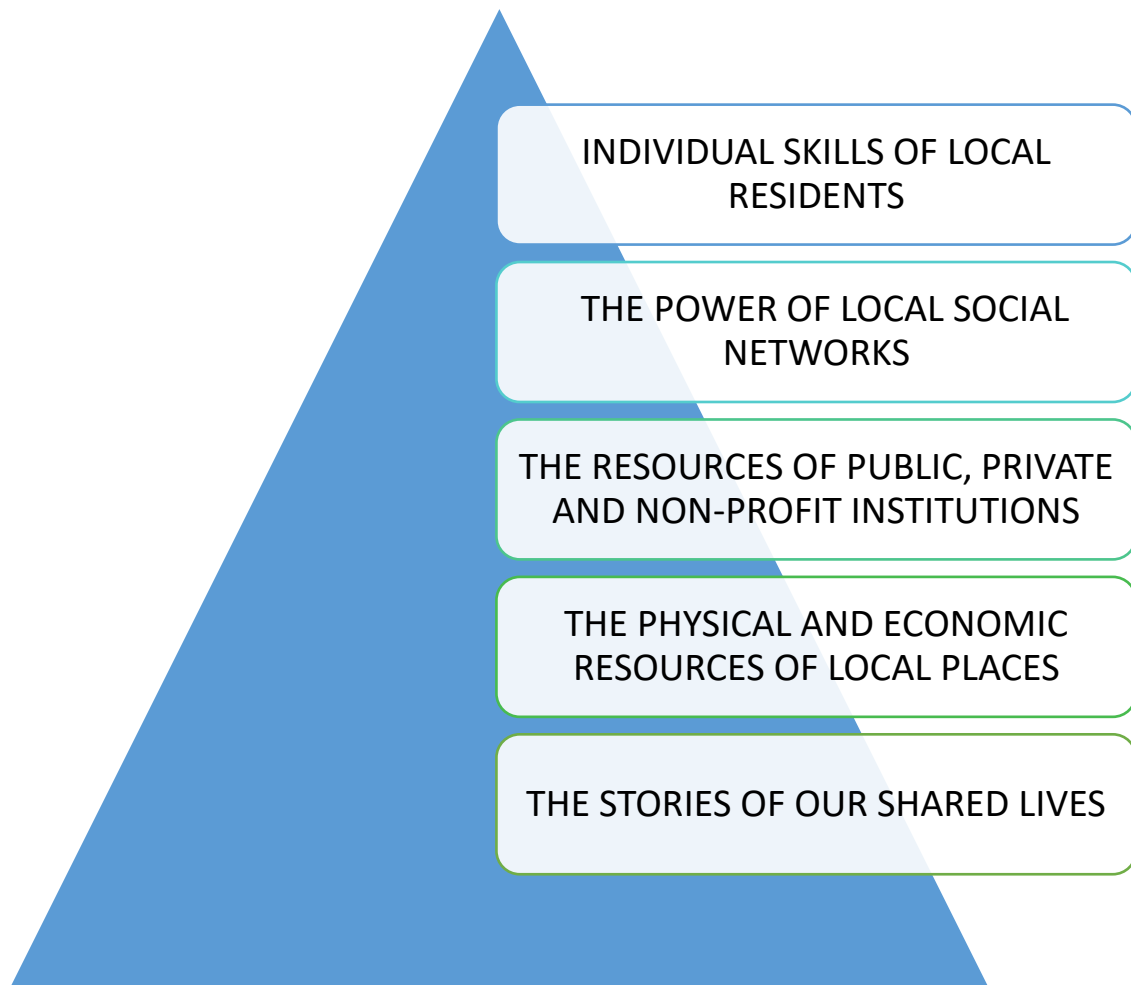
- How is the community linked to political power?
- What is the formal process for community-based decision-making?
- Who represents leadership within local government?
- How does the community influence political decisions?

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?

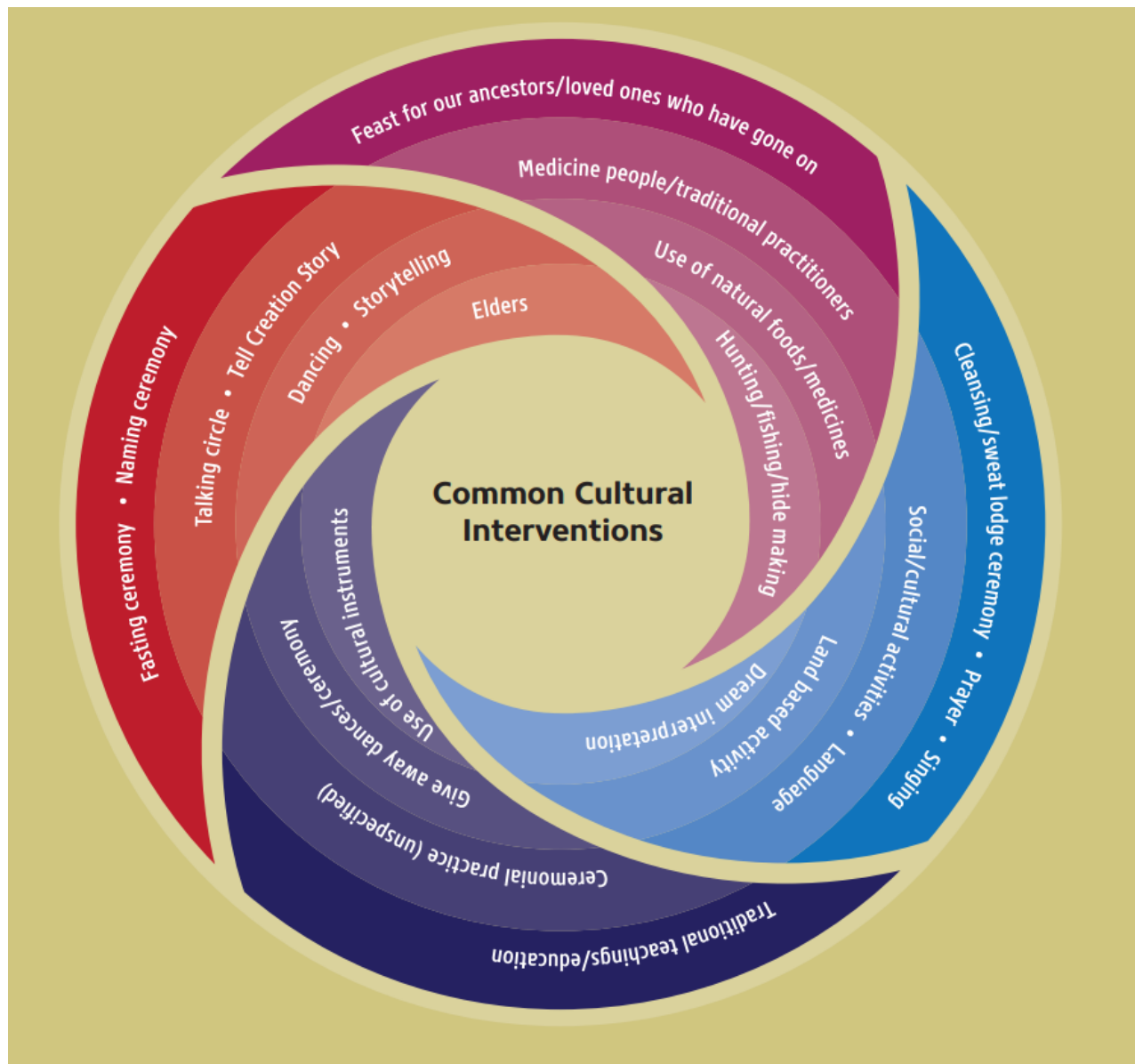
- How are the people given opportunities to contribute their gifts and talents?
- How do people learn about what is going on in the community?
- How do people with shared interests exchange ideas and information?
- How is new knowledge introduced, taught, or shared?
- What forms of art and music exist?
- 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 Capital, 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 Gitksan

The Gitksan Nation are Indigenous peoples from their unceded territories of the Northwest Interior of British Columbia. These 35,000 square kilometers of land cradles the headwaters of Xsan or “the River of Mist,” also known by its colonial name, the Skeena River. The land defines who they are.

The Nation follows a matrilineal line, and all rights, privileges, names, and stories come from the mothers. The Lax Seel (Frog), Lax Gibuu (Wolf), Lax Skiik (Eagle), and Gisghaast (Fireweed) are the four clans of the people. It is taboo to marry a fellow clan member, even when there are no blood ties.

The four clans are divided among the territories by way of the Wilp system. A Wilp, or “house group,” is a group comprising one or more families. Each Wilp has a head chief and wing chiefs, who are guided by Elders and members of their Wilp. Currently, there are 62 house groups, and each governs their portion of the Gitksan Territories.²

Gitanyow Community Description

Gitanyow is a First Nations community of the Gitksan people, located on the Kitwanga River 8 km south of Kitwancool Lake, at the confluence of Kitwancool Creek. Sustaining the integrity of the land is central to sustaining Gitanyow culture and providing for our economy.

Wilp System

The Gitanyow peoples are known collectively as the Gitanyow Nation. The Gitanyow Nation comprises two Pdeek (Clans), the Lax Gibuu (Wolf) and the Lax Ganeda (Frog/Raven), organized into eight Wilp (House Group). These are the Wilp Lax Gibuu of Gwass Hlaam, Wii Litsxw, Malii, and Haizimsque and the Wilp Lax Ganeda of Gamlakyeltxw, Gwinuu, Luuxhon and Watakhayetsxw.

The Lax'yip (Territory) of each Wilp is embedded in the Git'mgan (Totem Pole) and is rooted in Gitanyow Adawaak (Oral History) and Ayuuks (Crests). Each Wilp owns and has authority over

² Retrieved December 22, 2022, <https://www.bretthuson.ca/gitksan>

its respective Lax'yip. The Gitanyow Nation Lax'yip are collectively known as the Gitanyow Territory and are located in the middle-Nass Watershed and upper Skeena Watershed (Kitwanga and Kispiox Rivers).³

Community Navigator Report from Community Consultations

Suggestions gathered from participants

- Collective voice, Indigenous owned & operated
- Frontline workers from communities to work hand in hand with DRS staff to ensure a smooth transition back to their communities
- Land based therapy to include First Nations philosophy and Laws
- Culturally safe spaces
- Elder space
- Trauma informed care
- Spirit care 'Oo'tsin"
- Sweat lodges "si'satx"
- Learning new skills, i.e. cooking, mechanics, carpentry, etc.

Concerns of participants

- Youth getting lost on way to detox, often ending up on the street, same concern for adults.
- Long wait lists, clients often don't make it, bodies damaged from substance abuse.
- Lack of follow up care, high rates of recidivism
- To be mindful of residential school survivors don't feel like they are back in that setting.
- Age group of 31 to 59, don't fit into programs for Elders or Youth, fall through the cracks.

Additional Comments

There is so much support for the Northern Detox & Rehabilitation Legacy Project. The general consensus is that it is long overdue. Many people have asked how they could help, the Hereditary Chiefs have offered letters of support, along with IRS Staff, and Wellness workers.

A knowledge of IRS and the intergenerational cycles of substance abuse must be acknowledged and incorporated into care plans for clients. Great care must be taken when caring for

³ Retrieved December 22, 2022, <https://www.gitanyowchiefs.com/wilp-system/>

survivors, land-based therapy, being near water, cleansing, continual counseling by trained staff.

Elders are highly respected and should be an integral part of the rehabilitation. They offer wisdom and insight into how our culture can heal.

A majority of the participants are Wellness and frontline workers and Health Directors. They have all stated that most attempts at detox and rehab fail because there is no after care. Clients fall into their old ways. Suggestions for follow up care include transition homes in their communities where staff work with them.

Tea Creek organization is recognized as a Industry Training Authority. Clients could learn new skills as part of their healing process, agriculture, mechanics, and carpentry to name a few.

Please note: No community workshop took place due to the passing of several community members.

Survey Results

What community do you currently live in?	Age Category	Are you considered an Elder by your community?
Gitanmaax	50 to 64	No
Gitanyow	50 to 64	No
Gitanyow	35 to 49	No
Gitanyow	35 to 49	No
Gitanyow	35 to 49	No
Gitanyow	25 to 34	No
Gitanyow	50 to 64	No
Gitanyow	50 to 64	Yes
Gitanyow	50 to 64	Yes



What is your gender?	How do you identify?	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.
Female	Woman	Diabetes Educator, Arthritis Educator, Career Educator, once a week for elders, provide snacks, youth activities- games during holidays, Moms & Tots programs, baking, cooking, drum making
Female	Woman	Family care worker
Female	Woman	Cedar weaving, beading, canning fruit, proposal writer, organizing events.
Female	Woman	I am a beader, and I do try to have ladies nights a few times a month to share ideas or beads.
Female	Woman	
Female	Woman	Good with kids
Female	Prefer to Self-Describe:	Baker
Female	Woman	Teaching our traditional laws, culture
Female	Woman	Health care provider for Elderly parents, I can sew, mainly quilts

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?	Is there anything else you would like to share?
Elder and Youth events together (teaching culture) Youth teaching/sharing new technology Elders to continue to teach/share with youth that may have lost their way (or have no parents or grandparents)	Pow Wows, cultural events all communities involved, inter-community games; basketball, indoor soccer, volley ball, track and field, college/university events- careers motivated	teach cooking, baking, volunteer, to create employment for ones self, cleaning- janitors
Sports, culture all year round, more gatherings to bring our children home..(prob need a safe home in each community)	Shelter for men and one for women too..a treatment place that's open all year round (adult center)	Watching our children suffer from addictions has been difficult on our family

Arts, vest making, jacket making, mukluk making, quilting.	Land based healing, cleansing, games nights, alcohol free weekend activities, wellness programs, counseling support for mental health, lateral kindness campaign.	
Ladies nights (beading) or learning to crochet or knit	A tutoring class to help our struggling youth with homework. More one on one help with children that struggle in high school. More and more kids are being pushed through, or don't qualify for the extra needed help but they do need it.	Kids in our community have a long enough transit too and from high-school. Having to leave by 7:20 am and returning by 4:30. They need a safe classroom that is open to students for one on one, and not feel ashamed that they do not understand. My son is well below the grade level for his age, yet he is in school being shoved along not even grasping what he is being taught. There are a lot who have no problems, but some that are well below. He does not qualify for the one on one because with his assessment, he excelled in one area but fell just below the line for that extra help.
Cedar weaving, beading classes	On the land programs	
Wellness days/family activities	Food security programs, youth outreach programs, tutor programs/homework clubs	
Work shops	More events	No
Language classes for the young	Teaching our young how important they are to their people, to develop a sense of identity	We need the powers that be to take seriously the plight of our people with feet on the ground work.
We have AA meetings, activities for those who are doing their best or who are sober. Would like to see more outings and cultural based activities; like learning the protocols and how to make a drum, singing songs. The meaning behind regalia,	A place where those who have decided to get sober can go. A group of people who are also getting sober so that they can support one another, that way a person doesn't feel alone	Our NADAP worker took us out to town for a picnic and a movie, that was so nice, more like that would be great.

rattles, etc. Not just make them but understand why it is a part of our culture.		
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What are your community customs and traditions?	What are your ceremonies?	What languages are spoken?
feasts- only death, need coming of age, including all families and encourage supporting young people and education	feasts	English, understand language
My parents are gone so I try to keep up with feasts and father clan duties	Smudge..that's all I think I know lol	English..understand very little gitksan
Litligit, adaawak, ayook, gyet'm gan, gwelx ye'enst, halyt'm hiits, limix oye.	Smudge, prayer, drumming, farewell	English and Sim Algyax
There used to be song and dance, but lack of interest or having to go to neighboring communities have hindered the classes.	Feast systems	Gitxsan and English
We used to have many, annual church rally's, tournaments, elders gatherings, baby welcoming, Christmas dinner and gifts for the children. All have since faded and no events happen.	Feasts	Sim algyax
Traditional adawaak and ayooxw	Funerals and weddings	English
There are 3 tribes of record, they have their own stories, laws and songs that belong to their territories. A Simoghet and a Sigidimhanak for each clan.	Our Feast Hall is our governance body, our ceremonies are sacred	Simalgax
feasts; stonemoving, smokefeasts to name a few	not quite sure	Gitxsan, Nisga'a, English, not sure of what other languages we may have here



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?
my husband carves, I try to paint	not a lot	Lots of great information, I would love to take part and help
Song, dance, limix, painting, carving, sewing, beading, weaving, stitching, videography.	Mostly see Christianity	Would like to learn more traditional ceremonies and ancient forms of spirituality.
There are nothing like this offered in our community, unless you join a song and dance group in a neighboring community.	Nothing.	Covid has put a damper on everything. Feasts were no longer allowed, and when they were it was limited capacity. Children learn here, but were not allowed due to seats. Then there are young parents who have no discipline for their children who run around making it hard for people to do their work or listen. Too many young parents who were not taught what to do, pass it down onto their children. There is no guidance. Technology has taken over, too much screen time and not enough knowledge on what is happening around them.
Song and dance, but has not been practiced in years.	None	If any are to be brought they should be culturally relevant and readily available for all.
Cultural song and dance	Christianity	No
Traditional song and dance	Mostly been replaced by Christianity	Residential school has done so much damage, it will take a team based approach for successful transition
There used to be song and dance, it seemed to have faded away and is only heard at feasts	Right now just the colonizers spirituality and they are selective of who can practice that in the church	I think that6 when there are workshops for regalia, drums, the person teaching should be able to tell the history

Gitxsan Health Society

A Healthy, Unified Gitxsan Nation ... Walking on in the Breath of our Grandfathers and Grandmothers

Programs and Services | GHS Official (gitxsanhealth.com)

- Home and Community Care
- GHS Patient Transportation
- FAQ: GHS Transportation
- Alcohol and Drug Abuse Program
- Maternal Child Health Program (MCH)
- Parent Child Assistance Program (PCAP)
- Dental and Child Oral Health Initiative
- Aboriginal Diabetes Initiative (ADI)
- HIV/AIDS
- IRS-RHSW
- Better At Home Program (BAH)
- First Nation Action & Support Team (FAST) Program

Area Community Health Stations

COMMUNITY HEALTH STATIONS

Call for information on mental health & wellness counselling, respite, family support, youth programs addictions support and other programs available in each community

Gitanyow Health Centre.....250-849-5572

Gitsegukla Health Centre.....250-849-5231

Gitwangak Health Centre.....250-849-5555

Hagwilget Health Centre.....250-842-6258

Gitanmaax Health Centre.....250-842-6320

Kispiox Health Centre.....250-842-6236

Sik-e-Dakh Health Centre.....250-842-6876

BC 211 Listed Area Services

BC 211 helps you find information on services related to:

- Addiction
- Abuse
- Counselling
- Employment Assistance
- Financial Assistance
- Housing
- Language Classes
- Legal Assistance

-
- Aboriginal Infant Development Program – Hazelton Northwest Child Development Centre (NWCDC)
 - Aboriginal Patient Liaison (APL) – Hazelton Wrinch Memorial Hospital
 - Aboriginal Supported Child Development (ASCD) – Northwest Thomas Robinson Consulting Ltd
 - Adult Withdrawal Management Unit (AWMU) Detox Northern Health
 - Alcoholics Anonymous (AA) - Smithers and Area
 - Alzheimer Resource Centre - Prince George Alzheimer Society of BC
 - Association des Francophones et Francophiles du Nord-Ouest (AFFNO)
 - Autism Support Services Thomas Robinson Consulting Ltd
 - BC Ambulance Service
 - BC Employment and Assistance (BCEA) Office – Hazelton Ministry of Social Development and Poverty Reduction (MSDPR)
 - BC Palliative Care Benefits
 - Bulkley Valley Brain Injury Association
 - Bulkley Valley District Hospital
 - Bulkley Valley Office Positive Living North (PLN)
 - Coast Mountain School District
 - Crown Counsel Office – Smithers Ministry of Attorney General
 - Child Care Resource and Referral (CCRR) – Hazelton Northwest Child Development Centre (NWCDC)
 - Coast Mountain College (CMTN) - Hazelton Campus Coast Mountain College (CMTN)
 - Coast Mountain School District
 - Child Care Resource and Referral (CCRR) – Hazelton Northwest Child Development

- Community and Family Services – Hazelton The Salvation Army - BC Division
- Complex Development Behavioural Conditions (CDBC) – Hazelton Northwest Child Development Centre (NWCDC)
- Crown Counsel Office – Smithers Ministry of Attorney General
- Duty Counsel (Family Law) – Hazelton Legal Aid BC (LABC)
- Early Intervention Services – Hazelton Northwest Child Development Centre (NWCDC)
- Early Years – Smithers Northwest Child Development Centre (NWCDC)
- Gitxsan Child and Family Services Society
- Hazelton Community Based Victim Assistance Program Northern Society for Domestic Peace
- Hazelton Community Services – Services for Adults with Learning Disabilities
- Hazelton District Public Library
- Hazelton Local Agent Legal Aid BC (LABC)
- Hazelton Clinic Options for Sexual Health (Opt)
- Hazelton's Regional Transit System BC Transit
- Hazelton Volunteer Fire Department
- Hazelton Wrinch Pharmacy
- In Reach Online Physio Services
- Mills Memorial Hospital – Terrace
- Mental Health and Substance Use Services – Hazelton Northern Health
- Ministry of Children and Family Development (MCFD) - Hazelton
- Nathan Cullen (Hon), MLA (NDP) - Stikine Constituency Government of British Columbia
- New Hazelton Driver Licensing ICBC (Insurance Corporation of BC)
- Northern Health Bus Connections
- Northern Regional Coroner Ministry of Public Safety and Solicitor General
- Northern Regional Office BC Housing
- Northwest Branch - Bulkley Valley Region BC Schizophrenia Society
- Northwest Child Development Centre (NWCDC)
- Northwest Intensive Case Management Team Northern Health
- Parents Legal Centre - Smithers/Hazelton Legal Aid BC (LABC)
- Public Health – Hazelton Northern Health
- Prince Rupert Regional Office M'akola Housing Society
- RCMP - New Hazelton
- Regional District of Kitimat-Stikine
- Rural and Remote Division of Family Practice
- School Age Therapy (SAT) – Smithers Northwest Child Development Centre (NWCDC)
- Service BC Centre – Hazelton Ministry of Citizens' Services
- Skeena Supported Employment Society
- Smithers Assessment Clinic
- Smithers Community Corrections Ministry of Public Safety and Solicitor General
- Smithers Community Living BC Satellite Office Community Living British Columbia (CLBC)
- Smithers Provincial and Supreme Court Services Ministry of Attorney General
- Storyteller's Foundation
- Supported Child Development (SCD) – Northwest Thomas Robinson Consulting Ltd

- Terrace Family Justice Centre Ministry of Attorney General
- Terrace Regional Office M'akola Housing Society
- Thomas Robinson Consulting Ltd
- Tobacco Reduction Program Northern Health
- Upper Skeena Development Centre
- Village of Hazelton
- WorkBC Centre – Hazelton Upper Skeena Development Centre
- Wrinch Memorial Doctor's Clinic
- Wrinch Memorial Dental Clinic
- Wrinch Memorial Hospital –Hazelton

Smithers & Area Community Directory

Access Smithers

- Adult Day Activity Program, Home and Community Care - Northern Health
- Al-Anon
- Alcoholics Anonymous
- Alpine Court Family Housing - Smithers Community Services Association
- Alzheimer Society of B.C.
- BC Early Hearing Program - Northern Health
- Broadway House Apartments - Smithers Community Services Association
- Broadway Place Emergency Shelter Services - Smithers Community Services Association
- Bulkley Lodge - Northern Health
- Bulkley Valley Bottle Depot
- Bulkley Valley Brain Injury Association
- Bulkley Valley Child Development Centre
- Bulkley Valley Christian School
- Bulkley Valley Community Arts Council
- Bulkley Valley Community Foundation
- Bulkley Valley District Hospital - Northern Health
- Bulkley Valley Hospice Society
- Bulkley Valley Kinsmen
- Bulkley Valley Learning Centre
- Bulkley Valley Museum
- Bulkley Valley Regional Pool and Recreation Centre
- BV CDC Early Years Centre
- BVD Hospital Auxiliary Society/ New To You Store
- Canadian Cancer Society, Smithers Unit
- Care Centre / Smithers Pro Life
- Child and Youth Mental Health
- Children Who Witness Abuse Program - Northern Society for Domestic Peace

- Christmas Hampers - Smithers Community Services Association
- Clarity Counselling
- Community Futures Nadina
- Community Learning Services - Smithers Community Services Association
- Community Living British Columbia (CLBC)
- Dental Program - Northern Health
- Dze L K'ant Friendship Centre's Indigenous Housing Support Program
- Dze L'Kant Friendship Centre
- Dze L'Kant Friendship Centre Society
- Early Childhood Education Program - Office of the Wet'suwet'en
- Elder College
- Employment Insurance and Sickness Benefits
- English Language and Multicultural Services (ELMS) Program - Smithers Community Services Association
- Family Smart
- Family Support - Smithers Community Services Association
- FASD Services - Smithers Community Services Association
- Good Food Box
- Grendel Group, The
- Ground 2 Griddle Neighbourhood Kitchen- Smithers Community Services
- Groundbreakers Collective
- Health Information Hub
- Health Kinection - Laura Chan Counselling
- Helping Hands - Smithers Community Services Association
- HIGH ROAD Services Society
- Hospice Palliative Care Program - Northern Health
- I-Kitchen
- Income Assistance Program
- KUU-US Crisis Line
- Kyah Wiget Adult Education Center
- Lifeline - Smithers Community Services Association
- MADD Canada
- Meals on Wheels
- Medical Services Plan
- Mental Health & Addictions Services - Northern Health
- Mental Health Family Resource Centre for the BC Schizophrenia Society
- Ministry of Children and Families
- Ministry of Social Development & Social Innovation
- Moricetown Band Council
- Moricetown Health Centre
- New Directions Holdings Ltd.
- Noble Spirit Equine Learning Centre

- Northern BC Cancer Agency
- Northern BC Crisis Line
- Northern Health Connections
- Northern Health Home & Community Care
- Northern Society for Domestic Peace
- Northern Society for Domestic Peace: “Critical Choices: Rural women, violence and homelessness”
- Northwest Community College
- Northwest Personal Growth Association
- Northwest Tobacco Reduction Program
- Office of the Wet'suwet'en
- Office of the Wet'suwet'en - ANABIP Program
- Options for Sexual Health Clinic
- Outreach (Stopping the Violence) - Northern Society for Domestic Peace
- Passage Transition House 24 Hour Shelter - Northern Society for Domestic Peace
- Positive Living North Bulkley Valley
- Princess Neighbourhood Garden
- Public Guardian & Trustee of BC
- Public Health Protection - Northern Health
- Recreation, Parks and Culture Services - Town of Smithers
- Relationship Violence Treatment Program - Northern Society for Domestic Peace
- Restorative Steps Counselling
- Salvation Army, The
- Second Stage Housing - Northern Society for Domestic Peace
- Service Canada Centre
- Sexual Abuse Intervention Program - Northern Society for Domestic Peace
- Smithers & Area Recycling Society
- Smithers and Area Child Care Resource and Referral Program (CCRR)
- Smithers and District Transit - Smithers Community Services Association
- Smithers Christian Reformed Church
- Smithers Community Policing Office
- Smithers Community Radio
- Smithers Community Services Association
- Smithers District Chamber of Commerce
- Smithers Health Unit - Northern Health
- Smithers Pregnancy Outreach Program - Northern Society for Domestic Peace
- Smithers Public Library
- Smithers RCMP Based Victim Services - Northern Society for Domestic Peace
- Smithers Senior Citizens Association
- SPARC Handicapped Parking Permit Program
- Spark Design Web & Print
- Specialized Victim Assistance - Northern Society for Domestic Peace
- Speech & Language Program - Northern Health
- St. James Soup Kitchen

- Summer Step Up - Smithers Community Services Association
- Supplementary Services - Smithers Community Services Association
- Supported Child Development Program
- Supported Child Development Program - Thomas Robinson Consulting
- Telkwa Seniors Center
- Telkwa Seniors Housing Society - Manager of Telkwa House
- The Canadian Hard of Hearing Association – BC Chapter
- The Meadows - Smithers Community Service Association
- United Way of Northern BC
- Upper Skeena Counselling & Legal Assistance Society (USCLAS)
- WCG-JobWave and Triumph Vocational Services
- WORKBC Smithers
- Youth Against Violence Line
- Youth Crisis Line
- Youth Forensic Support Services - Northern Society for Domestic Peace

Transportation Services & Programs

<u>Gitxsan Health Society Medical Transportation</u>	250-842-5165
<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
<u>TRANSPORTATION BC Transit</u>	250-632-4449



Housing

Alpine Court Family Housing – Smithers Community Services Association

250 – 847- 9515

BC Housing

Subsidized Housing for Families, Seniors and People Living with Disabilities

Rental Assistance Program (RAP)

Shelter Aid for Elderly Renters (SAFER)

Other Housing Assistance

Passage Transition House

24 Hour Emergency Shelter

Smithers, BC 250-847-2595

Broadway House Apartments

6 Apartments above the Broadway Place Emergency Shelter

250 847 9515

Broadway Place Emergency Shelter

Smithers, BC 250-847-4660

Bulkley Lodge Northern health

Long Term Care Facility

250 846 4529

M'AKOLA Housing Society

Terrace

250-638-8339

Skeena Place

Smithers, BC 250-842-5217

Assisted Living

Roche View Lodge

Hazelton, BC 250-842-5040

Affordable Housing for Seniors

Low Income & Financial Support

Disability Assistance

Government of British Columbia

1-866-866-0800

Income Assistance Program

Government of British Columbia

1-866-866-0800

Medical Services Plan

Government of British Columbia

1- 800-663-7100

Rental Assistance Program (RAP) and SAFER

BC Housing

1-800-257-7756



Area Senior Services & Programs

Elder College

Coast Mountain College

Seniors Active in Learning courses for 50 years old and up

250-847-4461

Family Caregivers of BC

(250) 384-0408

Roche View Lodge

Hazelton, BC 250-842-5040

Affordable Housing for Seniors

Seniors First BC Seniors Abuse and Information Line

Toll-Free Help Line: 1-866-437-1940

Toll-Free TTY Help Line: 1-855-306-1443

Administration Office: (604) 688-1927

Skeena Place

Smithers, BC 250-842-5217

Assisted Living

Children Youth & Families

Aboriginal Supported Child Development

New Hazelton, BC 250-842-7003

BC Council for Families

Grandparents Raising Grandchildren Support Line 1-855-474-9777

Bulkley Valley Child Development Centre.

Smithers, BC 1-855-947-4122

Child and Family Services Office

Hazelton, BC 250 842 7624

Family Justice Centre

Family matters mediators 250-638-6557

Gitxsan Child and Family Services Society

Hazelton, BC 250 842 2258

Gitxsan Health Society

Parent Child Assistance Program (PCAP) 250 842 2319

Jordan's Principle

Government of Canada Call Centre: [1-855-JP-CHILD](tel:1-855-JP-CHILD) ([1-855-572-4453](tel:1-855-572-4453))

Ministry of Children & Family

250-632-7256 or Provincewide Toll-Free: 1-800-663-9122

Helpline for Children (no area code): 310-1234

- Child Protection & Child & Youth Mental Health

Northwest Inter-Nation Family & Community Service

1-888-310-3311

Northwest Inter-Nation Family & Community Services Society “NIFCS” is an Aboriginal based agency that provides family support, guardianship and caregiver services to seven First Nations communities in the Northwest region of British Columbia.

Northwest Child Development Centre

Smithers, BC 250 847 8824

Starting Smart

Hazelton, BC 250-842-4608

Pregnancy outreach, post-natal support, Little Flowers Learning Hub

Thompson Robinson Consulting

Smithers, BC 250- 847-1786

Wrap Around Program

250-842-2248

Support for anyone living in Kispiox, Sik-edakh, Gitanyow



EDUCATION & EMPLOYMENT

Coast Mountain School District 82

- Majagaleehl Gali Aks Elem. (K-7)
- New Hazelton Elementary (K-7)

Elder College

Coast Mountain College

Seniors Active in Learning courses for 50 years old and up

250-847-4461

Hazelton Secondary School

250-842-5214

Gitanyow Independent School

250 849 5528

Gitxsan Wet'suwet'en Education Society.

250-842-0216

Upper Skeena Development Centre (Work BC)

250-842-6110

Senden Centre

250-842-2284

Rural Roots Learning

250-842-6500

Coast Mountain College

Hazelton Campus

250-842-5291

UNBC Northwest Campus

Terrace 250 615 5578

Food Security

Gitanmaax Market 250 842 6688

Hazelton's Health Food Store 250 842 6725

McDonalds Store Ltd. 250 842 5558

Grocery Stores in Smithers

Safeway 250 847 2622

Jerry's No Frills 1 866 987 6453

Bulkley Valley Wholesale 250 847 3313

Salvation Army Foodbank

Smithers, BC 250-847-1501

St. James Soup Kitchen

Smithers, BC 250 – 847-9881

Meals on Wheels 250-842-5297



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

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

Government, Legal, Complaints & Advocacy Other Area Services

Program Name

Adult Protection Services 250-565-7414 or 1-844-465-7414

Assisted Living Registrar - Complaint Investigation 1-866-714-3378

Crime Victim Assistance Program Toll-free – 1-866 -660-3888

Dial-A-Law 1-800-565-5297

RCMP Victim Services Northern Society for Domestic Peace 250-847- 9000

Legal Aid 1-866-577-2525

Native Court worker 1-877-811-1190

Patient Care Quality Office 1-877-677-7715

Plan Institute Wills, Trusts, and Estate Planning BC 1-844-311-7526

Public Guardian & Trustee of BC 1-800-663-7867

Service BC 1-800-663-7867

Upper Skeena Counselling & Legal Assistance Society 250-842-5218

VictimLinkBC 1-800-563-0808

Finances & Government Forms

Service BC Office 250-632-6188

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

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

Mental Health & Counselling

Al-Anon

Smithers, BC 250 847 5622

Alcoholics Anonymous

Smithers, BC 250 643 0794 or toll free 1 877 644 2266

Call local health centres for meeting times

BC Suicide 24 hr. Help Line

1-800-SUICIDE 1-800-784-2433

Smithers 250 917 8337

BC Children's Hospital – Support for Community Care Providers

1-855-702-7272

BC Schizophrenic Society Family Support Group

Smithers 250 917 8337

Dze L K'ant Friendship Centre

Smithers, BC 250-847-5211

FAST Program

250-842-5165

Support for people who have attempted suicide and their families

Gitxsan Health Society

250 842 5165

Alcohol and Substance Abuse Program

Gitxsan Health Society

Parent Child Assistance Program (PCAP) 250 842 2319

Support for new or pregnant mothers struggling with addictions or who have given birth to a child with FAS or FAE

Hazelton Secondary School

250-842-5214

Counsellors available to students

Northern Health Mental Health & Addictions

Hazelton, BC 250-842-5144

Northern BC 24 hr. Crisis Line

1 888 562 1214

Wilp Si'Satxw Community Healing Centre

1-250-849-5211

Residential treatment programs for men and women Child & Youth Mental Health

1-250-842-7624

Wrap Around Program

250-842-2248

Support for anyone living in Kispiox, Sik-edakh, Gitanyow

Youth Against Violence Line

1-800-680-4264

24-hr multilingual phone for youth concerned about violence or bullying. Support and referrals to programs and resources in BC. Confidential and anonymous.

Youth Crisis Line

Prince George, BC 1-888-564-8336

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

Other 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 P: 250 639 9817

Men only program

12 bed NNADAP funded treatment beds

4 bed NHA funded

Sunshine Coast health Centre

Powell River, BC P: 1-866-487-9010

Men only program

30 treatment beds

St. Patrick's House Society

Prince George, BC P: 250 564 5530

10 Assisted Living Units

Supportive Recovery

Round Lake Treatment Centre and Painted Turtle Lodge

Armstrong, BC P: 250 546 – 3077

10 bed post recovery treatment centre

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

Drug Rehab.Ca

Drug and alcohol rehab centers in Hazelton, British Columbia are local resources, yet anyone struggling with addiction is living in northern British Columbia can access treatment resources throughout the province. When searching for the right type of drug and alcohol rehabilitation, there are different options to consider within the province. An addiction assessment is a good place for a family or addict to begin. The purpose of an addiction assessment is to determine the extent of the addiction and what method of treatment is needed. The type of rehabilitation should meet the needs of the addict and provide proper counseling and or therapy. Some families choose a family intervention because the person is unwilling to accept treatment. Family intervention works and does help an unwilling addict understand the importance of treatment. The best way to organize a family intervention is to hire a professional interventionist. An interventionist will meet the family, work with them, and perform the intervention to ensure the person can safely arrive at treatment.

The first step in treatment is detox, and the method of detox needed depends on the severity of the addiction and what drugs are used. For example, severe alcoholism would require a medically supervised detox, along with most forms of opioid addiction. Medical detox is the

process of withdrawal management, which uses medication to control the withdrawal symptoms. Conventional detox programs are standard options, and these services treat most forms of addiction.

Detox by itself does not cure addiction, and the next step after detox is to attend either inpatient or outpatient drug treatment. Residential treatment programs are the best options, especially long-term inpatient centers. These programs last three to six months or longer, but this depends on the facility. Residential treatment centers provide everything a person requires while they are living at the center. Short-term residential treatment is a common option, and these programs are brief but intensive. The short-term treatment lasts three to six weeks and is appealing to someone unable to commit to long-term treatment. Many of the short-term programs use 12-step methods, along with other treatment approaches. Outpatient drug and alcohol treatment is a good choice for someone who is still working and has family support. Some of the outpatient centers are also intensive day programs, but these programs are not always a good fit for everyone. Other forms of treatment or help include group therapy, individual counseling, and aftercare programs.

SOURCE: Substance Abuse Detox & Treatment in Hazelton, British Columbia, BC (drugrehab.ca)

SUBSTANCE ABUSE ADDICTION TRENDS IN BRITISH COLUMBIA

Hazelton is a small village located in northern British Columbia, and the population is under 400 people. The nearest largest community is New Hazelton, but it only has a population of under 600 people. However, the city of Prince Rupert has a population under 13,000 and more resources to offer someone who is struggling with addiction. Drugs such as fentanyl have had a significant impact on families across the province, resulting in countless overdose deaths. According to the British Columbia Coroner's Office, in May of 2020, there have been 119 suspected drug-related deaths. The postmortem toxicology reports indicated the fentanyl was a higher concentration when compared to previous months. More than 71% of the drug-related deaths in the province in 2020 had fentanyl detected. Also, 71% of those who have died in 2020 is between the ages of 19 and 49 years old. Men in the province accounted for 82% of all deaths during this time.

Source: Substance Abuse Detox & Treatment in Hazelton, British Columbia, BC (drugrehab.ca)

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 Liaison – 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](#)



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 \(phsa.ca\)](#)



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 Support Services

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 & 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.

