



GITXAALA NATION

COMMUNITY ASSET MAPPING CATALOGUE

Community of Kitkatla

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SKEENA COACH KITIMAT, BC
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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 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.

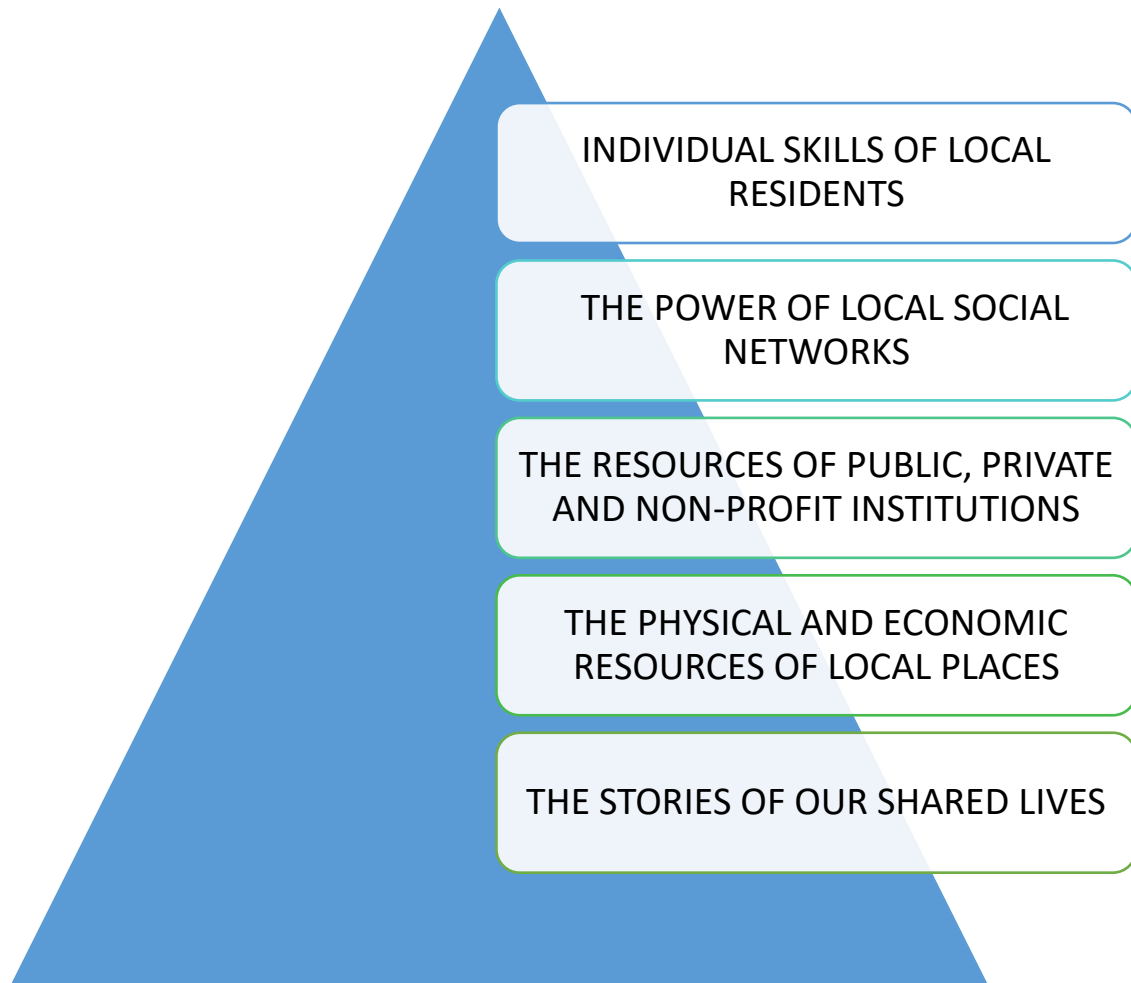
- How is the community linked to political power?
- What is the formal process for community-based decision-making?
- Who represents leadership within local government?
- How does the community influence political decisions?

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?

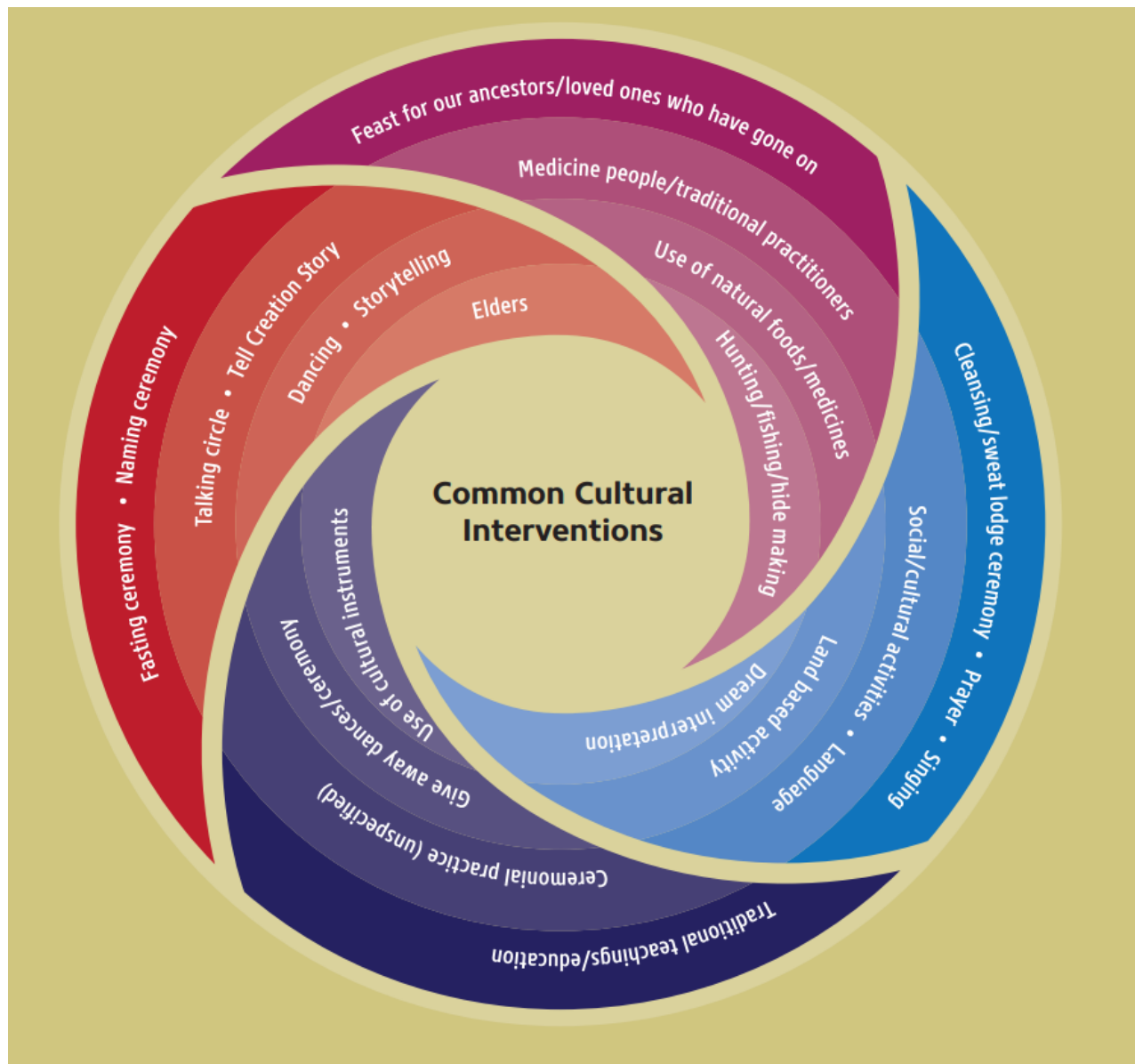
- How are the people given opportunities to contribute their gifts and talents?
- How do people learn about what is going on in the community?
- How do people with shared interests exchange ideas and information?
- How is new knowledge introduced, taught, or shared?
- What forms of art and music exist?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

For Gitxaala Nation, 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.

As opposed to the common cultural interventions noted in the image above, one difference is there are no smudging practices in Kitkatla. 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 the community of Kitkatla 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 Gitxaala

Population 355²

Gitxaala territories stretch from the Nass river to Aristazabel Island, on the north coast of what is now British Columbia. The Gitxaala, also known as Git Lax M'oon, people of the saltwater are one of the most ancient societies on the coast. The village of Lach Klan (Kitkatla, BC) has been continuously inhabited since time immemorial. Gitxaala hereditary leaders from the four clans, Gisputwada, Ganhada, Lax'sgiik and Laxgibuu, manage and protect their territories and resources according to their ayaawx, traditional laws. Gitxaala harvesters use almost 100 different marine and terrestrial resources to feed their community. Gitxaala citizens, currently numbering 1992, wherever they reside, celebrate their history, practice their traditions, respect their laws, and cherish their lands, waters, and resources.³

Kitkatla is a small village situated approximately 45 km S.W. of Prince Rupert, British Columbia, Canada, on the north side of Dolphin Island. The village is accessible via Prince Rupert by regular float plane flights or by boat.

The community has undertaken several major projects including the building of new single occupancy modular homes and a new cultural centre.

² Retrieved on November 28, 2022, https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/abpopprof/details/page.cfm?Lang=E&Geo1=AB&Code1=2016C1005610&Data=Count&SearchText=Gitxaala%20Nation&SearchType=Begin&B1=All&GeoLevel=PR&GeoCode=2016C1005610&SEX_ID=1&AGE_ID=1&RESGEO_ID=1

³ Retrieved on November 28, 2022, <https://www.gitxaalanation.com/community>

Kitkatla Workshop Results

We had 12 people attend the afternoon workshop on October 2nd.

- One counsellor who lives in the community not an addictions specialist
 - Treatment for trauma and grief
 - Trauma counselling offered once a week
 - Feelings of isolation
 - Need daily access to childcare
 - Childcare services a huge barrier r/t booking counselling appointment
 - Frustration leads to relapse
 - Development of social anxiety after detox
-
- Use of devil's club
 - No smudging
-
- After care needed as the first year of sobriety is the hardest. Helpful activities include time with children, walks, runs, discovering a hobby, and practicing self-care
 - No supports – need help to change one's house around re: suitable for sober living
 - Isolated re: plane flies out 3 times per week and the ferry goes out 2 times per week
 - One needs to take the first step e.g., speaker opened a "safe house" for someone
 - There are no safe houses for women or men within the community
 - Up to each individual to seek help, one cannot force them
-
- Feasts
 - Dancing
 - Singing
 - Visiting Elders
 - Important to have their own Elders as Resident Elders in the facilities
-
- Foods include Chinese, Seafood, Fried Bread, Deer Soup, Fish (salmon, smoked all fish)
 - Laughing Berries
 - Spruce tips in water
 - A specialized root for cleansing
-
- Currently grandparents are raising their grandchildren.
 - Up to family to provide supports

- Next generation of families mirror previous generations including substance abuse
- Early Childhood Education needed home based childcare

- Existing Organizations
 - Health centre (maternal care, homecare, prevention e.g., diabetes, nurses and a visiting nurse practitioner, family supports, visiting doctor (just started accepting new patients – most in community have a primary care physician), eye doctor, dental services, multi-disciplinary health team
 - Kitkatla Elders Club (KEC)
 - Housing Services – about 120 homes with few shortages that are currently being addressed. Cost of rent is up to 550 dollars per month.
 - Head Start
 - Schools in community
 - Plans to build a new cultural centre
 - Choices canoe journey (the route changes every year)
 - Best Water
 - Community garden as part of the health group initiatives
 - Hunting – duck, seal, deer, sea lion, beaver, fish
 - 4 stores in community
 - Ferry partnership
 - Part of culture is the gathering, harvesting, and preserving of seafood
 - Red Road as part of the Healing Journey

- Information & communication
 - Newsletter, phone, VHF (Walkie Talkie), Facebook

- Training Opportunities
 - Contact North
 - Training Centre

- Political Influence
 - MLA – Jennifer Rice has visited the community a few times
 - MP Taylor Bachrach
 - 4 First Nations formed the NFNA representing nearly 13 thousand constituents
 - Challenging to get other villages to collaborate. Invitations have been sent but other villages have yet to visit

- A speaker shared they established a family plan of care. This included being on the water, harvesting, sense of belonging, teaching respect for the land and water. Healing took place within 6 months
- Suggested to have a resort or cabins for someplace to go and teach the young ones and adults about their culture re: harvesting
- Create a safe environment with qualified staff including aunties, uncles, grandparents, brothers, and sisters for someone to talk to, provide support, and ensure the listener sees it and feels it – their story.

Writings from the Tables

- In need of childcare 0-4 years old
- Supports for low-income families
- Traditional healing? What are our ways of healing?
- A.A
- Land space
- Training available
- Elder in Residence
- Detox/Rehab Recovery Facility
- Inclusion Criteria
- Youth & LGB
- Determination & perseverance
- Dziga Aain – Licorice root
- Feasting is ongoing practice
- Hunting, fishing, drumming, and singing
- Shellfish digging, berry gathering, harvesting, and preserving
- Gitxaala is unique nation of it's own not Tsimsian
- Teach seafood harvesting and preserving
- Long term treatment inn Lax Klan after detox/treatment
- Cultural centre hopefully to revitalize our culture
- Food trading with other communities
- Harvested food needs to be shared with the Elders first
- Strong in “ayaawk” traditional laws
- Talking, giving traditional names, passing down territory

- Direct transportation to and from facility – right from either ferry/airline to facility
- Freedom to come and go as the clients choose?
- Incorporate and work with our health centre and language and cultural program to build a support system
- Need more ways to help the people go to treatment and coming home when they are done and safe houses
- Is Terrace the only option? Can the proposed detox/treatment centre be closer to our communities?
- Is there only one center being built?
- For me personally I would not like close to Terrace as that is the place I got lost (started addiction)
- What studies have been done to determine the cultural practices in the detox/treatment?
- Can there be a detox closer to our community?
- In the health centre we have a counsellor here for 3 weeks out of the month only
- There is no aftercare when returning from a treatment program
- Rediscovery camp could be tied in with the facility or when the person gets back. Have the rediscovery camp in the community
- Dzigaaam – licorice root
- N.A.
- Addictions Counsellor
- Safe house for men, women, and children
- 5 steps to recovery



Kitkatla Gitxaala Survey Results

There were eight participants that completed our online survey from Kitkatla.

Age Category	Are you considered an Elder by your community?	What is your gender?	How do you identify?
25 to 34	No	Female	Woman
50 to 64	No	Female	Woman
50 to 64	No	Male	Man
25 to 34	No	Female	Woman
35 to 49	No	Male	Man
50 to 64	No	Male	Man
25 to 34	No	Male	Man
50 to 64	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?
Traditional harvesting	Sports
Education, teach parenting, regalia	Elder rebuilding their strength
recovering alcoholic, fisherman	Mens groups, and meeting place for men
I am a good listener	Activity's for kids and more stuff adults
Help when help is needed	Basketball tournaments
Fisherman worker	Sports for youth, as much activity as possible to keep youth busy
Beading, virtues activities, food skills,	Youth Activities
Nothing right now, but always willing to help when needed.	More gathering involving the community young and old

What would you like to see in your community that doesn't exist now?	Is there anything else you would like to share?	What are your community customs and traditions?
Alcohol/drug/trauma/grief/sexual abuse centre		Singing dancing and regalia making
Sports for youth	We need more community building	Adawx. Mostly tribal customs centered around funeral activities
safe house and healing place	i want to show others alcohol can be dealt with. so many ways not just one is the answer	Passing on food gathering activities. sharing with elders
Workout centre and swimming pool	No	
AA meetings	Love you Gitxaala	Drum and dance
Heavy equipment operator, sport fishing , tourism ,shell fish farms, farming (chickens, cows, pigs ect.)	To teach the youth proper harvesting safety being #1rule	Harvest & share with elders ,anyone that needs for food
Adult, elder, family activities	No	Feasting, Drum and Dance
Small tournament's basketball, slow pitch, races use both community hall's	Nothing right now	Tribal feast

What are your ceremonies?	What languages are spoken?	What forms of art and music exist?
Feasts	Samaylax and english	Traditional singing and regalia making
Family oriented	Sm'Algyax and English	Carving, drum and dance, pop music, painting (traditional and modern)
i am told our medicines but have yet to witness	smalyaax and english	drumming and dancing
Feasts	Don't know the correct spelling	Drumming
Not my ceremonies but it's traditional laws that have existed for a very long time , adawk ayawk	English , I know some smalgys words	Native song & dance feels good to listen to
Feasting	Smalgyax	
Celebrations of our Champs , tribal feasts	English and Tsim"shian	Cultural drummers and singer's, church group

What different forms of spirituality are present and expressed in the community?	Is there anything else you would like to share?
Christianity religion	our culture and language are so important yet we continue to concentrate on the hurt of residential school but we have thousands of years of good history that is ignored. Healing and forgiveness are necessary
Not to sure barely go out	No sorry
My grandparents were very spiritual, about God & Jesus	Time to catch up to the rest of the world , move forward
Our culture and church groups	More community involvement in our cultures drummers and singer's

Gitxaala Nation Local Health Department Resources

Health

In case of Emergencies, residents are asked to please contact 848-2254 or use the VHF. *VHF radio is the general communications system for the community.*

Gitxaala's Health Services fulfill a critical role in the community. Besides primary health services, the health center provides classes on everything from Dental Hygiene to unique classes that teach the values of fatherhood and promote female voices within the community.

Department Summary

Provides Primary Health services to the community

Medical Transportation to those members requiring medical assistance out of community, upon approval by the FNHA

Community Health Programs including Food Safety, Healthy Beginnings, HIV Harm reduction, Vision Clinics, and Environmental Health

Mental Health services including One-on-One Counselling, Talking Circles, Society Lunches, and like-skill development such as anger management, self-care, and coping skills

Offered Programs

Community Health Representative Program

Family Skills Program

Dental Program

Mental Health

Youth Services

NIFCS

Maternal Child Health

Home Care Program

Community Health Representative Program

- Vision clinics are offered from New Westminster Optometry once a year.
- Food Safety Training is offered to prevent food borne illness.
- HIV harm reduction education sessions offered in conjunction with FNHA nursing.
- School liaison for Healthy Beginnings Program and communicable disease program.
- Environmental Health, water testing program
- Offers advocacy and support for nation members

Mental Health

Provides one-on-One Counselling

Appointments are available daily, evenings and weekends, to assist with developing coping skills, self-care, anxiety, anger management, life-skills, and couples' relationships and to increase healthier choices.

Alcohol and Drug Program

Focus is on increasing healing, sobriety and improving coping and wellbeing, referrals to treatment centres and after treatment support, intergeneration effects of residential schools, child welfare apprehensions and other mental health concerns.

Talking Circles

Held on Thursday, times for circles can vary according to tide tables. Everyone is welcome to attend and participate in topics of group's choice; promoting mental health, community and social supports, education and more.

Sobriety Lunches

Held every month. This is a potluck event open to all community members who have maintained sobriety for one month or more. Join us for lunch and support community members working on wellness.

Maternal Child Health

Offers home visiting and early childhood enrichment groups for parents with children birth to 6 years old. Provides support and strategies for children to gain child development skills and assists children with school readiness skills, social skills and building self-esteem. The MCH has a car seat lending program, infant formula and diapers also available on loan. Prenatal classes are offered on a continuous basis.

Baby Bunnies Group

Weekly drop-in group for parents with children under two (older children welcome as well), crafts, snacks, children's story telling, child development, children's health and child play-time.

Honey Bunnies Group

Weekly drop in-group for parents with children over two years of age, (younger children also welcome), crafts, snacks, children's story-time, play time and parenting education. Honey Bunnies is designed to improve parent's understanding of what children need to thrive, including how and why to set limits, children's behaviours and health care. Roots of Empathy Program delivered at Lach Klan School.

Family Skills Program

The program offers support to parents and families with Ministry of Children and Family Development involvement, parent-education classes and in home visiting, home management skills, nutrition, and parenting groups for community. The program works to help families keep children safe and healthy. In partnership with www.nifcs.org offers foster parent training and recruitment to keep children needing short- and long-term care in community homes

Active Parenting Groups

1-2-3-4 Parent, parenting program that teaches the basics of parenting children ages 1 through 4 years, includes what children need from their parents at each age of development. Groups offered throughout the year.

Strengthening Families Program

The Strengthening Families Program is co- facilitated with NIFCS, Gitxaala Health and trained community members. The program runs from 12-14 weeks and is designed to improve parenting skills, reduce problem behaviours, delinquency, alcohol and drug abuse in children and improve social competency and school performance. Targets parents with children ages 6 to 11 years.

Youth Services Brighter Futures and Building Healthy Communities

The Youth Services program is made of five components, mental health (community-based health promotion, child development, parenting, healthy babies and injury prevention. The community centre offers a variety of children's activities, including physical recreational, community gym, arts and crafts, and cultural programs for community members of all ages. Parent/infant/toddler room is open daily for parents and tots.

Boys and Girls Group for youth 12 years and up

This is a positive, fun group for youth designed to improve positive communication skills, develop a positive sense of identity and increase self-esteem.

Home Care program

The Home Care program helps community members with disabilities and Elders who require assistance and health care at home. The program concentrates on community wellness, and provides help managing in-home health care, home management, medication management,

wound management, prevention and management of chronic diseases, and social support. The programs offers home making services, providing general home cleaning, nutrition and meal preparation and other in-door and out-door services for those who need extra help, beyond what family members can offer. Lunch preparation available for home care clients.

Diabetes Prevention Program

Everyone is welcome to attend the diabetes prevention support group. The focus is on improved health, nutrition, and diabetes management, increased awareness of simple lifestyle changes and benefits of self-care.

Food Skills for Families

The Food Skills for Families program is a healthy eating, healthy cooking, hands-on curriculum based six-week program that teaches people to make healthy meals, snacks and beverages. The program is based on recommendations from the Canadian Diabetes Association. The program is offered by a certified, trained facilitator.

Community Walking Group

Community members are encouraged to join our weekly Wednesday walks. All ages are welcome. Call the Home Care program at the Health Centre to let us know if you want to participate and need mobility support as the Home Care team will have the van available for Elders who want to walk part way. Snacks are offered back at the Health Centre after the walk.

Dental Program

Dental services are provided from North Raven Dental Clinic. Services are offered in the dental room at the Health Centre. The dental team and denturist team spend a week in community every 4 months. The Health Centre encourages community members to support the dental program and increase dental health. Call the Health Centre for an appointment.



Gitxaala Nation Education, Training & Employment

Lach Klan School

Gitxaala's Education Department is responsible for providing education and opportunities to members in kindergarten to Grade 12

[Learn More](#)

Post-Secondary Education

The Post-Secondary Education Department recognizes and holds a high value for education.

[Learn More](#)

Lach Klan Continuous Learning Center

To create Gitxaala owned and operated programs designed to support the independence of the Nation

[Learn More](#)

Employment Education Development

Recognize the accomplishments of Members of our Nation As Role Models to encourage other to Pursue their dreams

The goals set are achievable

[Learn More](#)



Gitxaala Nation Housing

Gitxaala's Housing Department is responsible for providing housing support and services to all residents of Gitxaala.

Department Summary

- To provide basic housing needs to all residents within Gitxaala Nation
- Provide ongoing support in order to improve the quality of life within our community
- To manage Gitxaala's housing program in a cost effective, service oriented, and accountable manner
- That all residents be treated fairly and equally with housing matters

Offered Programs in Gitxaala (Lach Klan)

- Maintenance of existing housing stock through funded organizations for the Mortgaged housing stock
- RRAP (Residential Rehabilitation Assisted Program) Renovations for none mortgaged houses
- Assistance in maintenance for Elders in private homes.
- Funding applications for private, mortgaged as well as existing commercial buildings



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](#)

City of Prince Rupert Community Resources Directory

Advocacy

This directory provides the contact information for various advocacy services offered within the community.

Arts + Culture

This directory provides the contact information for various culture related services offered within the community.

Children & Families

This directory provides the contact information for various child and family services offered within the community.

Clubs and Societies

This directory provides the contact information for various service organizations within the community.

Corrections

This directory provides the contact information for various correctional services offered within the community.

Education, Training + Employment

This directory provides the contact information for various education, training and employment related services offered within the community.

Health

This directory provides the contact information for various health services offered within the community.

Housing

This directory provides the contact information for various housing services offered within the community.

Indigenous Governments

This directory provides the contact information for various indigenous people's services offered within the community.

Mental Health + Addictions

This directory provides the contact information for various counselling services offered within the community.

Newcomers

This directory provides the contact information for newcomers within the community.

Places of Worship

This directory provides the contact information for various places of worship within the community.

Seniors

This directory provides the contact information for various seniors' services offered within the community.

Sport Organizations

This directory provides the contact information for various sports organizations within the community.

City of Prince Rupert BC 211 Services List

- BCSPCA Prince Rupert Branch
- The BC Society for the Prevention of Cruelty to Animals (BCSPCA)
- Ministry of Children and Family Development (MCFD) - Prince Rupert
- Prince Rupert Community Corrections
- Ministry of Public Safety and Solicitor General
- Prince Rupert Local Agent
- Legal Aid BC (LABC)
- Prince Rupert Search and Rescue
- Prince Rupert Sub Office
- Northwest Inter-Nation Family and Community Services Society
- RCM-SAR Station 64 - Prince Rupert
- Royal Canadian Marine Search and Rescue (RCM-SAR)
- RCMP - Prince Rupert
- Medical Transportation Program
- Prince Rupert Aboriginal Community Services Society (PRACSS)
- North Coast Victim Services
- RCMP - Prince Rupert
- Alcoholics Anonymous (AA) - Terrace and Area
- Community-based Victim Services
- North Coast Community Services
- First Nations Health Authority (FNHA)

- Health Protection Office - Terrace
- Northern Health
- North Coast Regional District
- Northwest Inter-Nation Family and Community Services Society

Government, Legal, Complaints & Advocacy

BC First Nations Justice Council

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.

The 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

Prince Rupert: 250-624-7415

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

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

Prince Rupert Medical Centres

Arcopolis Manor
2nd Avenue Medical Clinic
Prince Rupert Community Health
Prince Rupert Regional Hospital
Prince Rupert Primary Healthcare Centre
Casey Clinic
Large Clinic
BC Mental Health
Prince Rupert COVID -19 Assessment Centre
Travel Medicine and Vaccination Centre
Aveline Mediclinic
Great Bear Natural Medicine Clinic
Island Foot Clinics
Skeena Sport & Spine
Shoppers Drug Mart Pharmacy
Tiny Toes 3D Imaging

Prince Rupert Mental Health & Addictions Community Resources

Source: http://www.princerupert.ca/community/community_resource_directory/mental_health_addictions

Program	Organization	Phone	Address	Email
Suicide Prevention Program	1-800-Suicide	1(800) 784-2433		
Aama Goot Aboriginal Women's Wellness	Friendship House Association	(250) 627-1717 ext. 28	744 Fraser St.	
Aboriginal Child and Youth Mental Health	Friendship House Association	(250) 624-1717	744 Fraser St.	
Alcohol & Drug Agency	Prince Rupert Mental Health & Addiction Services	(250) 622-6310	300 3rd Ave. W	
Alcohol & Drug Counsellor	Friendship House	(250) 627-1717 ext. 15	744 Fraser St.	

Alcohol & Drug Information and Referral Line	Emergency and Health Services Commission	1 (800) 663-1441		
Alcohol and Drug Program	Friendship House Association	(250) 627-1717 ext. 15	744 Fraser St.	
Child and Youth Mental Health	Ministry of Child and Family Development	(250) 624-7594		
PEACE Program (Formerly Children Who Witness Abuse)	Prince Rupert Community Enrichment Society	(250) 627-7166	710 Fraser St.	
Clinical Counselling and Art Therapy	Jaques Counselling & Art Therapy Services	(250) 615-2220	#482- 309 2nd Ave West	Therapist
Family Counselling Program	North Coast Transition Society	(250) 627-8959 ext 33 Text: (250) 600-0029	1402 Park Avenue	Family Counsellor
Mental Health & Addiction Services	Northern Health	(250) 622-6310		
	North Coast Assessment and Referral Services	(250) 624-2025		
24 Hour Help Line for Men and Women	North Coast Transition Society	(250) 627-8588		
North Coast Victim Support Services	Prince Rupert RCMP Office	(250) 627-7779		
Northwest Band Family Counselling	Northwest Band Social Worker's Association	(250) 627-8425 1(866) 627-8434	Suite 4-101 1st Ave. E	
Counselling Services	Prince Rupert Ministerial Association	(250) 524-2273		
Problem Gambling Line		1 (888) 795-6111		
Sexual Abuse Intervention Program	North Coast Transition Society	(250) 627-8959 ext. 25 Text: (250) 600-0768	1402 Park Ave.	Office

<u>Stopping the Violence Counselling Program</u>	<u>North Coast Transition Society</u>	(250) 627-8959 ext. 22 Text: (250) 600-0513	1402 Park Ave.	<u>Counsellor</u>
<u>Supportive Recovery Program</u>	North Coast Transition Society	(250) 627-8959 ext. 27 Text: (250) 600-0320	1402 Park Ave.	<u>Supportive Recovery Worker</u>
Family Justice Centre (Terrace)	Ministry of Attorney General - Family Justice Division	(250) 638-6557 1(888) 800-1433	110 - 3220 Eby St.	
Youth Support Line	Crisis Prevention, Intervention & Information Centre for Northern BC	1(888) 562-1214	5th Floor, 1600 3rd Ave.	<u>Office</u>



DRUG AND ALCOHOL ADDICTION TRENDS IN BRITISH COLUMBIA

Prince Rupert is a port city located on Kaine Island near the Alaskan panhandle, which is the southeastern portion of the state. Prince Rupert is the land, air, and water transportation hub of the north coast in the province, and in 2016 the population was under 13,000 people. Many small communities across British Columbia are impacted by drug and alcohol addiction. It is not always easy for families to access treatment who live within relatively remote regions of the province, but it is not impossible to find the programs and support. Unfortunately, the issues with opioids and overdose impacted every corner of the province. According to the [British Columbia Coroner's Office](#), in April of 2020, there were 117 suspected drug-related overdose deaths. When compared to the same time in 2019, this was a 39% increase and a four percent increase from March of 2020. The Northern Health Authority has the highest rate of illicit drug toxicity deaths at 28 deaths per 100,000 population. Overall, the rate within the province is 22 deaths per 100,000 people in 2020.

DRUG AND ALCOHOL DETOX & REHAB CENTRES IN PRINCE RUPERT, BRITISH COLUMBIA

Last updated: Friday, 23, April 2021

Drug and alcohol rehab centers in Prince Rupert, British Columbia are local resources, such as meetings, peer support, and community health programs. However, anyone struggling with addiction who lives in Prince Rupert can access treatment throughout the province.

It is not easy to convince someone who is addicted to drugs or alcohol to accept help. Most families choose addiction intervention. [Hiring a professional interventionist](#) is an excellent option and does work. The certified intervention specialist works with the family, and the intervention is done to convince the person they need treatment. Also, there are options for an addiction assessment, which could be done over the phone or in person. The purpose of an addiction assessment is to determine the extent of the addiction and what treatment approaches are most practical.

The first step in treatment is always detox, but detox by itself does not cure substance abuse. Following any method of detox should be inpatient or outpatient treatment. The detox process manages withdrawal symptoms, and there are varying degrees of withdrawal severity. For example, severe [alcoholism](#) causes dangerous withdrawal symptoms that require withdrawal management and medication to control withdrawal symptoms. The same process is needed for opiate addiction and most forms of prescription drug dependency. Conventional detox programs are the most recognized and are options for drug users who are not experiencing dangerous withdrawal symptoms.

LIST OF DRUG AND ALCOHOL REHAB TREATMENT IN PRINCE RUPERT

Any Lengths

AA Meetings

Open Meeting Monday at noon Salvation Army

25 Grenville Court

Prince Rupert, BC, V8J 1R3

Any Lengths Women's Group

AA Meetings

Closed Meeting Monday 8:00pm United Church - Women's Meeting

636 6th Avenue West

Prince Rupert, BC, V8J 1Z9

Friday Night Downtown Group

AA Meetings

Open Meeting Friday 8:00pm Lutheran Hall - Wheelchair Accessible

460 McBride Street

Prince Rupert, BC, V8J 3G2

Lutheran Church (Prince Rupert)

Meetings NA Meetings

Before going to the meeting, confirm time and place at: Vancouver Island North and Powell River Area: (877) 379-6652 Southern Okanagan Area: (877) 234-5890 South Vancouver Island Area (Victoria): (250) 383-3553 Prince George: (888)...

460 McBride Street

Prince Rupert, BC, V8J 3G2

Recovery Group (Prince Rupert)

AA Meetings

Open Meeting Tuesday 8:00pm P.R. Regional Hospital - A Floor - Wheelchair Accessible

Website

1305 Summit Avenue

Prince Rupert, BC, V8J 1R1

Skeena Recovery Group

AA Meetings

Open Meeting Sunday 8:00pm Fisherman's Hall - Wheelchair Accessible

869 Fraser Street

Prince Rupert, BC, V8J 1R1

Thursday Night Grapevine Meeting Group

AA Meetings

Open Meeting Thursday 8:00pm Salvation Army - Wheelchair Accessible

Website

25 Greenville Court

Prince Rupert, BC, V8J 1R3

Uptown Group (Prince Rupert)

AA Meetings

Closed Meeting Saturday 8:00pm Lutheran Church - Wheelchair Accessible

Website

460 McBride Street

Prince Rupert, BC, V8J 3G2

Wednesday Nite Coastal Group

A Meetings

Closed Meeting Wednesday 8:00pm Lutheran Church - Wheelchair Accessible

Website

460 McBride Street

Prince Rupert, BC, V8J 3G2



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 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.

