

EHWC Internal Committees:

- Wellness Committee
- Violence & Abuse Committee
- Early Childhood Development HSIF Committee
- Justice Advisory Committee
- Justice Working Group
- Manager's Team
- Quality Improvement Team
- Clinical Team—Care Facilitation
- Maternal & Child Health/AHSOR care facilitation
- Opioid—Multi Disciplinary Team



Elsipogtog Health & Wellness Centre

Nepisimegeoôgoôm



Health Services Mission

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

Elsipogtog Health & Wellness Centre
205 Big Cove Rd. Elsipogtog First Nation, NB
E4W 2S1 (506) 523-8227
www.ehwc.ca



Vision Statement

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

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

People embrace the value of...

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

Community members express themselves in healthy ways...

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

Good things are visible...

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



WELLENESS & JUSTICE

Tammy Augustine, Wellness & Justice Manager

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

- **Mental Health:** Psychological /Clinical Assessment & Counseling
- **Native Hospital Liaison:** Client Services & Advocacy
- **Community, Leisure, & Culture Development:** Youth Activities (jingle dance, culture, safe space), Community Culture Events (Mini Pow-Wow, drumming and dancing), Physical Activities, Elder’s Drop-in.
- **Crisis Centre:** evening telephone support; week day out reach.
- **Suicide Prevention:** resiliency activities for youth and community.
- **Addiction Services:** Opioid Clinic, Traditional Ceremonies, Awareness Sessions, Support Groups, SASSI Assessment, Counseling, Detox & Treatment Referrals, After Care Treatment

Justice Services

- **Healing to Wellness Court:** First nation community based provincial court dealing with offenders who have addictions issues (i.e. alcohol or drugs) or manageable mental health issues. It is a part of a healing/treatment process.
- **Restorative Justice:** The main objective of the Elsipogtog Restorative Justice Program is to find peaceful solutions and ways to satisfy the people affected by crime and ensuring that justice was done.
- **Victim’s Assistance:** Assist and support the healing and recovery of victims of crime, be it physical, spiritual mental and/or emotional, in ways which promote the spiritual health of the community.
- **Probation:** Provincial Funding Program

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

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

HOME & COMMUNITY CARE**Nurse Manager**

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

- **Personal Care:** Risk Factor Monitoring, Teaching & Counseling, Skin & Foot Care, Range of Motions Exercise, Speech Therapy, Respite Care, Palliative Care, & Alternative Therapies
- **Home Management:** Medical Equipment loan depot, Light Housework, Child & Baby Care for Post-natals, Meal Preparation & Social Activity Assistance
- **Case Management:** Client needs assessment, individual care plan, self-reliance strategies, post-surgical assessment, case conferencing, chronic care visits, medication monitoring, hospital discharge planning
- **Elders Visits:** Informal contact, games/crafts, conversations
- **Home Safety Assessments:** bathroom assessments (OT & PT) Medication Review, In-depth fall assessment, medical equipment inspection & repair, Advocacy
- **Nursing Services:** health monitoring, post-surgical monitoring, medication review, flu shots, specialized foot care services, client & family support teaching , advocacy & referrals

**HEALTH ADMINISTRATION & SUPPORT****Claudia Simon, Director of Health**

Enable program staff to accomplish their highest potential in their work by offering direction, coordination, support systems and opportunities for personal and professional development.

- **Leadership & Governance:** Build capacity, facilitate & employ team approach, C&C liaison, gov't relations
- **Professionalism:** Accreditation Canada, code of conduct & ethics
- **Advocacy, Partnerships & Relationships:** Create & sustain
- **Human Resources Management**
- **Financial Management & Accountability:** Proposal, reporting, audit
- **Quality Improvement & Assurance Team:** Workplans, indicators
- **Planning & Management:** Executive Team, Wellness Committee, Wellness Management, Management Team
- **Communication:** Surveys, calendars, website, reports, newspaper
- **Cultural Awareness:** Knowledge and understanding culture values by applying 7 sacred teachings: Trust, Respect, Honour, Honesty, Humility, Courage, and Truth; Traditional Ceremonies
- **Facility Management:** Expansion, scheduling, operations & maintenance, inventory, capital asset replacement
- **Information Technology (IT) Management:** Computers, safe and secured server, software, hardware
- **Health Information Management (HIM):** Technology plan, Indicators; EMR-Practice Solutions Software, EHWC Privacy Policy
- **Client Support:** Reception, advocacy, services, scheduling, referrals
- **Staff Support:** Orientation, supervision, management, meetings, trainings



**COMMUNITY HEALTH/PROMOTION AND CLINICAL SERVICES****Carol Ann Levi, Manager**

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

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

Clinical Services

Provide a warm, welcoming and professional atmosphere where community members can have their health and information needs met in a timely and culturally sensitive way.

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

Opioid Addictions Clinic

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

Immunization

To reduce the incidence of vaccine preventable diseases through:

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

**Communicable Disease Control**

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

Children's Oral Health

Is a service provided to on-reserve First Nations children. COHI provides dental services to children from birth to age seven, and provides information to their parents/caregivers and expectant parents which will help their children build and maintain healthy smiles right from the start.

Environmental Health

- Community based water monitoring
- House inspections upon request

Aboriginal Diabetes Initiative**• Diabetes Education**

A Certified Diabetes Educator and a Chronic Disease Prevention Worker provide diabetes prevention & management programming including:

- Monthly activities focusing on healthy eating and physical activity at the Elsipogtog School.
- Monthly diabetes education activities at EHWC for adults and elders.

• Nutrition Services

A registered dietitian is on site to provide among others:

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

• Elsipogtog Fitness Centre

- Open to all community members free of charge.
- A Certified Fitness Trainer is on site.
- Group exercise programs are offered