

Northwest Territories Health and Social Services Authority
Regional Wellness Council – Beaufort Delta Region

Saturday, February 18, 2017

Inuvik, NT

1.0 Call to Order by the Chair 9:30 a.m.

2.0 Reflection / Prayer led by Annie Isabel Goose

3.0 In Attendance

Ethel Jean Gruben, Council Chair
Denise McDonald, Council Member
Ellen Smith, Council Member
Donna Keogak, Council Member
Annie Isabel Goose, Council Member
Arlene Jorgensen, Chief Operating Officer
Roger Israel, Director of Social Programs
Stacey Christie, Director of Quality Improvement and Health Services
Tracey Pope, Acting Director of Client Services
Dr. Ryan Falk, Acting Medical Director
Lesa Semmler, Manager of Nursing Units

Sheila O’Kane, Public

Regrets Eileen M. Koe

4.0 Approval of the Agenda

The Council moves to approve the February 18, 2017 Agenda as presented.

Motion # 01 – 18

Moved by: Donna Keogak Second by: Annie I. Goose

Motion: Carried

5.0 Previous Meeting Minutes – Review and Approve

The Council moves to approve the November 26, 2016 meeting Minutes.

Motion # 02 – 18

Moved by: Denise McDonald Second by: Ellen Smith

6.0 Business Arising from Previous Minutes

Regional Wellness Council (RWC) Member Resignation

Don Gillis resigned, the RWC vacancy will be posted once his resignation is received in writing.

Action *Chief Operating Officer (COO) follow up with Don Gillis to provide written resignation to the Chair.*

Youth Mental Health Issues

Discussion regarding best terminology for this action item –Mental Wellness / Health and Wellness.

7.0 Action list review – Update COO

Board Development Fund update

NTHSSA – BDR committed \$60,000.00 to the operation of the RWC over the next year. The bulk of that will be taken up by travel. Meetings by Telehealth would free up funds for RWC development opportunities.

Informing the Public About the RWC update

The Chair will discuss the process for informing the public at the next Leadership Council meeting. There are currently no guidelines for advertising Public Meetings.

Sachs Harbour. Suicide Concerns update

The community has had an Applied Suicide Intervention Skills Training (ASIST) program. RCMP involvement at the local level has netted positive impact. The Manager of Mental Health and Addictions will travel to Sachs Harbour with the Inuvialuit Regional Corporation's Counseling Services Manager to consult with the community to determine needs.

7.1 Chairperson's Report

The Chair reviewed the Leadership Council's (LC) Action Item list along with some additional items from their meeting minutes. The BDR RWC chair identified to the LC regional concerns with Medical Travel, Diabetes, Cancers, and studies done in our region. The LC discussed health /wellness promotion and getting past the Residential School Experience. LC members voiced concerns and with to be proactive in dealing with the national Fentanyl drug issue as it moves north.

Action	Follow up with CHR's Health Promotion
Recommendation	The RWC to meet and talk about how to take concerns and offer solutions, make recommendations and move towards personal wellness and healing
Recommendation	Encourage the RCMP to be more visible, and involved in areas of: Drug Prevention, Cyber Bullying, Sport Support, and Crime Prevention
Recommendation	Educate Grandparents on the drugs that are of concern, translated in local languages. Involve Youth in drug awareness - they know what is in use on the street.
Recommendation	Work more closely with education, and other territorial government departments, as well as the local Aboriginal and community governments
Recommendation	Promote existing health and social services mandates in our region

8.0 RWC Member Observations and Comments

Ellen

Ellen is involved at the national level in prevention of opioid use, addictions, and suicide. Some campaigning is being done so the community will understand the role of the RWC. Some people seem unaware that there is one-to-one counseling services even though there is for Residential School Support Services where counselors offer in depth traumatization victimization counselling sessions.

Recommendation to NTHSSA BDR Consider a medical clinic on a Saturday, or every other weekend

Denise

Clarity is needed on the RWC's mandate and vision, or some terms of reference need to be developed. RWC need the 'big picture.' The RWC needs to be clear on their lines of communication, boards don't normally get involved in the staff's day-to-day activities. Money for board development is good. Other regions should be contacted to see what they are doing with youth, drugs abuse, healthy life style promotion, etc. Looking at best practices from other communities will aid in planning.

Donna

A concern from Tuktoyaktuk about making appointments at the health centre was shared. Residents also would like a functioning local Health Committee.

Action The COO follow up with Tuktoyaktuk leadership regarding the health committee
Action Director of Client Services follow up on health centre appointment concern

Annie

Ulukhaktok continues to be concerned about alcohol and drugs. Their justice committee is working on a Bullying Workshop, and other events involving their youth. Housing issues continue to impact the community.

Action The COO will talk with the Superintendents of the Housing Corporation and of Education Culture and Employment (ECE) about working together to support families and individuals.
Recommendation Explore program delivery to offer Life Skills in the communities
Recommendation A presentation about the Truth and Reconciliation Commission's (TRC) recommendations
Recommendation Look at hiring a student, to research best practices, pilot projects, and what others are doing in the areas the RWC has expressed concerns

Presentations by:

Ruth Anne Blake, Director of Social Programs;
Roger Israel, Director of Finance and Operations;
Stacey Christie, Director of Quality Improvement and Health Services;
Lesa Semmler, Manager of Nursing Units - Public;
Tracey Pope, Acting Director of Client Services;
Dr. Ryan Falk, Staff Physician

1:00 p.m. Break for lunch

The following left the meeting.

Ruth Anne Blake, Director of Social Programs;

Roger Israel, Director of Finance and Operations;
Stacey Christie, Director of Quality Improvement and Health Services;
Tracey Pope, Acting Director of Client Services;
Dr. Ryan Falk, Staff Physician
Sheila O’Kane

9.0 Projects and Priorities

RWC Priorities List

Recommendations made to formatting.

COO report on Action list

Staff Training and Orientation

NTHSSA-BDR has a Staff Education/Safety Coordinator who supports new staff and facilitates a mandatory general orientation that happens on a quarterly basis. The Supervisor of Community Wellness will do a presentation on Cultural Safety at the next scheduled orientation. The Government of the Northwest Territories has an Aboriginal Cultural Awareness Training (ACAT) program which is mandatory.

The COO is working with the Department of Health and Social Services (DHSS), Territorial Language Manager on a pilot project to improve Inuinnaqtun Language Services in Ulukhaktok’s Emegak Health and Social Services Centre.

Mental Health First Aid and ASIST training has happened. There is Mental Health First Aid for Youth, Elders, and Aboriginal Peoples. There is no one trained for the Youth program.

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| Recommendation | COO and Director of Social Programs to discuss: <i>Between Two Cultures, Youth in Crisis – Self Identity</i> |
| Recommendation | Determine territorial level approach in developing a different suicide response module |
| Recommendation | Partner with ECE in youth mentorship programs |
| Recommendation | Find out when the Suicide Action Plan was last reviewed |

Territorial Mental Health Action plans as well as a Territorial Youth Mental Health Action are under development by the DHSS.

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| Action | COO will get an update on the action plan and share it with RWC members |
| Action | COO discuss the Suicide Action Plan with senior management and the Manager of MHA |

Food Health

Feast for Health nutrition programs (healthy eating, sharing circles) have happened in the communities.

SAD – Seasonal Affected Disorder – No update on this, on-going.

Family Violence

Family Violence Awareness Week activities will be promoted throughout the region.

Housing Issues

Overcrowding in homes is causing internal issues within families, and leads to other issues of addictions and violence.

Action COO Will meet with Regional Director of housing about possibility for collaboration

Natural Medicines

More people are moving towards natural medicines, traditional knowledge and alternative measures that come from the land. The GNWT will save money if they are more open to other methods.

Fort McPherson

The chair read out the concerns that were provided by the Fort McPherson representative.

- Medical Escorts;
- How to handle complaints;
- Suicide Crisis – a wellness counsellor turned away a client from another community;
- Medications for Elders – home care is not always aware of medications in elder's homes;
- Diabetes – reassess patients;
- Allergies – methods of ensuring clients are tested and provided proper medication;
- Elders – do not always seek help when they are sick.

Medical Travel and Escorts – The Chair proved information and anticipates more will be available after the March 6 LC meeting.

The Director of Quality Improvement and Health Services (QI & HS), Stacey Christie, provided information on how she addresses complaints.

- a) Finding out what the client's issue is;
- b) Clients must sign consent forms that outline what level of access the their information they will give;
- c) Direct to the department where service was provided to try to find answers to questions;
- d) Discuss with the COO on a bi-weekly basis to go over where complaints are at, take them off the list when resolved;
- e) Respond back to client as soon as possible;
- f) Determine if client wants more assistance and what they would like to see resolved.

The Director of QI&HS plans to visit each community to familiarize herself with care providers and will them with provide information sheets.

Action Director of QI/ HS will email complaint process to RWC members

- Action COO follow up Fort McPherson suicide concern
- Action COO will follow up with home care issue
- Recommendation Diabetes concerns – reminders to physicians and health centre staff
- Recommendation Provide information on allergies and testing process
- Recommendation Elders not asking for help when they are sick should be included in Cultural Awareness Training. Effective communication with region's Elders be put added to staff orientation,

2:35 p.m. Sheila O'Kane entered the room

2:55 p.m. break

Concerns from the Public

Personal knowledge on Salvia was shared.

Inuvik's warming shelter provides very basic accommodation. Minister clearly states there will be no Territorial Treatment Centre. Inuvik's warming shelter wants to do an intoxic program where clients can gather together. Ideally clients would have a half-way house that would assist them in pursuing a healthier lifestyle.

A recommendation was given to have 'Feet on the street' similar to Yellowknife's social worker in the Public Library to engage with homeless people.

10.0 Learning, Development and Innovation

11.0 Decision Items and Recommendations

12.0 Action Items Review

The action list is on-going / progress report.

Items submitted from the Fort McPherson rep are to be added to the action list.

Residential School Impacts and symptoms such as alcohol abuse and suicide was discussed.

- Action The RWC be familiar with the TRC recommendations and hold GNWT and Federal governments accountable. The Chair will inform the LC of the same.
- Action Executive Assistant to update the RWC Action List and send to the RWC members
- Action COO and Chair discuss meeting Agendas and appropriate participation of staff.

Next Meeting Date: April 10, 2017 via Telehealth – 1:00 to 5:00 pm

13.0 Closing Reflections/Prayer led by Ellen Smith

14.0 Adjournment: 4:00 pm

Recorded by: Mary-Ann Ross
/ AJ

Minutes approved by the NTHSSA – Beaufort Delta Region Regional Wellness Council

On the 4 day of JULY, 2017


Ethel Jean Gruben, Council Chair