

## Yellowknife Regional Wellness Council Meeting Agenda

**Wednesday October 16, 2024**

**4:30 PM – 7:00PM**

**Location: Goga Cho Building 2nd Floor Board Room**

**Microsoft Teams: 1 867-675-1042 | Code: 556 666 457#**

**Video Conference ID: 112 499 025 5**

**Mission:** Working with people to optimize wellbeing through the provision of collaborative and culturally appropriate health and social service

**Vision:** Healthy People, Healthy Families, Healthy Communities

**Values:** Collaboration Accountability Integrity Respect

**Cultural safety:** An outcome where Indigenous peoples feel safe and respected, free of racism and discrimination, when accessing health and social services.

**Acknowledgment of Land:** We acknowledge that we are in the Chief Drygeese territory.

From time immemorial, it has been the traditional land of the Yellowknives Dene

First Nation, and more recently, the homeland of the North Slave Métis.

We respect the histories, languages, and cultures of First Nations, Metis, Inuit, and all First Peoples of Canada, whose presence continues to enrich our vibrant community.

### Members:

☐ Nancy Trotter, Chair

☐ Gloria Enzoe

☐ Nancy Cymbalisty

☐ Jennifer Drygeese

☐ Gilbert Langsi

☐ Lindsay Debassige

☐ Brandie Miersch

### Employees:

☐ Jennifer Torode

☐ Matthuschka Sheedy

☐ Shannon Ploughman

### Guests:

☐ Dale Matheson

☐ Kya Wright

#	Item	Time	Responsibility
1.0	Call to Order	4:37	Chairperson
2.0	Reflection/Prayer	4:38	Chairperson
3.0	Welcome & Introductions		
	3.1 Acknowledgement of traditional territory	4:40	Chairperson

	3.2 Safety Overview		Chairperson
4.0	Guest Speaker		
	<p>Smoking Cessation</p> <ul style="list-style-type: none"> <li>• Presentation attached.</li> <li>• Q: Member asked is Vaping included in this with the stats</li> </ul> <p>A: Not currently, it is all on Tobacco</p> <ul style="list-style-type: none"> <li>• Q: Member asked when you call 811 do you have to ask for the smoke cessation specialist?</li> </ul> <p>A: It will be an RN who has had training in tobacco cessation.</p> <ul style="list-style-type: none"> <li>• Q: Member asked, do you have data on the age group you are seeing wanting to quit?</li> </ul> <p>A: Yes, we have age 15-74</p> <ul style="list-style-type: none"> <li>• Q: How does a client get to see you? do they need to be referred? What about people from other communities besides YK?</li> </ul> <p>A: They can self-refer or referred by any member of the integrated care team. Currently the program is being rolled out in Yellowknife first in-person, but they can access through a virtual option.</p> <ul style="list-style-type: none"> <li>• Q: Member asked where are you located?</li> </ul> <p>A: We are at Primary care in the Liwegoati building as well as YPCC on Wednesday.</p> <ul style="list-style-type: none"> <li>• Q: Some of these resources are from about 25 years ago can some of the words be made more cultural such as you say quitting tobacco where tobacco is ceremonial maybe the wording can be changed not the concept.</li> </ul> <p>A: This feedback will be provided to the working group. We are in the process of adapting the booklet from the OMSC, which is reviewed annually and updated and has been vetted through patient groups in Ontario. The OMSC working group will look to include our community perspectives and patient perspectives in the development of new materials, particularly for the communities. Additionally, the Ottawa smoking cessation people from Ottawa will be coming in to train the staff to incorporate the new approach and to then be able to develop how this will be rolled out to more people.</p>	6:00	Dale Matheson
	<p>Baby-Friendly Initiatives</p> <ul style="list-style-type: none"> <li>• Presentation attached.</li> <li>• Member asked how are you engaging with the first nations and communities?</li> </ul> <p>The BFI is focused on birthing facilities and health centers. The work around in engaging we are hoping that the regional teams</p>	4:45	Kyla Wright, Manager Systemic Design, and Integration.

	<p>recognize the importance of that, and they are seeking out parent partners in that to be part of their regional communities as well that includes first nations. It is still an area where there is a gap and how that is shared. We are working on a website update where all these resources are available you can also get these resources when you met with your physician or healthy families. They are also available in the baby bundle that every parent has access to.</p> <ul style="list-style-type: none"> <li>Member asked, Is the baby bundle offered just in Yellowknife.</li> </ul> <p>It is available in every community in the NWT.</p> <p>How do families go about getting them in the communities?</p> <p>This program is offered through prenatal care. It is delivered in the communities Health centers by the CHNs and the Community Wellness workers most of the time. Some regions have set up a program where the healthy family's program is the support.</p> <p>We can give a follow up: we can check who and how they are being delivered in your communities.</p> <ul style="list-style-type: none"> <li>Member asked if you have updated trends with more recent info? Also do we still have lactation consultant?</li> <li>The baby bundles are given out by the health center CHN's in each community. If it is a normal pregnancy and no concerns, the CHN also provided most of the care to all prenatal clients until 36 weeks. Clients would also see a physician at least once a trimester.</li> </ul> <p>At 36 weeks the client comes to YK to complete the remaining pregnancy with physicians at Liwegoati</p> <p>Lactation consultant has been hired as a territorial resource but is stationed in YK at this time. For clarification, there are more people with infant feeding knowledge and can provide support to families on infant feeding in our system that have completed training but have not certified. The territorial consultant will help support and be available if needed.</p>		
5.0	Agenda and Minutes	6:30	
	5.1 Review and approval of Previous Meeting Minutes <ul style="list-style-type: none"> <li>Sept 12, 2024</li> </ul> Motioned: Jennifer Drygeese Seconded: Nancy Cymbalisty All in favor		Chairperson
	Approval of Agenda Motioned: Lindsay Debassige Seconded: Gilbert Langsi All in favor		
	5.3 Declaration of Conflict of Interest No Conflict		

6.0	<p>Business Arising from the minutes.</p> <ul style="list-style-type: none"> <li>Follow up Primary Care Reform Patient Representatives: <ul style="list-style-type: none"> <li>Thank you to Lindsay Debassige, Nancy <i>Cymbalisty</i>, and Nancy Trotter for sitting on the working groups. First meeting is on Oct.24<sup>th</sup>, and then we will have a full orientation and on boarding.</li> </ul> </li> <li>Activity Plan update <ul style="list-style-type: none"> <li>Still confirming our speakers.</li> </ul> </li> <li>Location of meetings <ul style="list-style-type: none"> <li>Next meeting will be in Lutsike Please reach out to the chair or Shannon to let us know if you are interested in going.</li> <li>We will decide on were to hold regular meetings. In the weeks to come.</li> </ul> </li> <li>Action Items update <ul style="list-style-type: none"> <li>Answers to follow up questions from previous meetings:</li> </ul> <p>April 2025 meeting – to confirm ability to have meeting on long term care LTC adult program: It has been brought to the ADM at the dept of health and a briefing note was written about the issues. Currently we have not received a response and no funding has been made available.</p> <p>Pilot project for paid family care giver: The paid family care giver, again same a briefing was written and sent to the dept. No money has been given to the dept. We have been given some recommendations based on home and community care review across the territory, they are looking at expanding the hours of home care in the communities.</p> <p>For the June RWC meeting: Learn more about CBMH mental health training to help serve our homeless population. Currently: are offering some resources like assist, mental first aid and more.</p> </li></ul>		Chairperson
7.0	Chairperson Report Presentation attached		Chairperson
8.0	<p>Yellowknife Region COO Report Presentation attached.</p> <p>A Member spoke up, feeling that the health authority needs more focused work and to listen to appreciate the community members perspectives around the reasons for poor recruitment and retention of</p>		YK Region COO

	<p>staff in the CHCs in the communities. Some personal experiences and stories of what has transpired to others in the community were shared to articulate how members of the community have a history where they feel the trust has been broken and feelings of their serious and significant health concerns being ignored or minimized leading to poorer outcomes.</p> <p>The COO intends to increase community engagement and work with members to improve trust, including a focus on increased training and support to staff in providing culturally safe and anti-racist care. Meetings by COO and Director with both staff and community members in the coming months on-site in communities of Fort Resolution and Lutselk'e to appreciate the complexities of the relationships and what measurable steps can be taken to improve the care environment for all – these were acknowledged as priorities.</p>		
9.0	<p>Roundtable Updates - Community activities, questions, and concerns</p> <ul style="list-style-type: none"> <li>Members of the community have had trouble finding information on how much glasses were once you became 60. They called around and no one knew. R: Clear instructions on where to find this information will be sought and provided.</li> <li>Primary care phone system. A few members spoke up about difficulties getting through.  R: COO provided update (also see COO Report) on this quality improvement project.</li> <li>Changes to how the lab books appointments are being experienced negatively for some members, especially if they need to have their blood work right away.  R: This feedback will be passed on to the Director of Labs. – completed JT</li> <li>Substance use has been rising, can we add to the agenda for this year around harm reductions. Member spoke up about this happening to the black community as well, wanting to bring awareness to our community. Wondering what can be done. Member suggested to reach out to the RCMP as they are a great resource.  R: Will look to see if we can include addictions services as part of our program update in the new year for CBMH.</li> <li>Nancy to share YK Resident Primary Care Reform Letter with members confidentially that will be going out to households in the next week. Members requested to keep confidential until letter arrive in the mail.</li> </ul>		Chairperson
10.0	RWC Report to Leadership Council - Items to take forward to the Leadership Council		Chairperson
11.0	New Business		

12.0	Closing Reflections / Prayer	7:45	Jennifer Drygeese
13.0	Motion to Adjourn Moved: Lindsay Seconded: Nancy Cymbalisty All in favor		Chairperson

### Next Meeting November 20, 2024

	<b>ACTION ITEMS</b>	<b>OWNER</b>	<b>ASSIGNED</b>	<b>DUE</b>	<b>Completed</b>
1.	Confirm Guest Speakers	Shannon Ploughman	Shannon Ploughman	Nov	yes
2.	Follow up from BFI on how Baby bundle is delivered in members communities	Athena Wells		Nov	yes
3.					