

Building Relationships, Building Practice

Resources for Physicians and MOAs



There are 9 First Nations in the Capital Region, each with its own traditions, services, perspectives, and needs.

Tseycum First Nation

<http://www.tseycum.ca/>

Tseycum (Union Bay Indian Reserve No.4) is one of the four Saanich villages of Southern Vancouver Island, we are at the centre of Patricia Bay on the Saanich Peninsula. In the Sencoten language, Tseycum is spelled Wsikem and means Land of Clay.

Tseycum is self-governed and offers assistance to its members and guests by way of Health, Youth, Elder, Community, Employment and Financial support.

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Health Office		250-656-0277	
Janine Gagnier	Nurse	250-656-0206	Janine.gagnier@itha.ca
Bryan Schultz	Nurse Practitioner		Bryan.schultz@viha.ca

Pauquachin First Nation

<http://fnbc.info/org/pauquachin-first-nation>

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Health Office		250-656-2743	
Monica or Melinda	VIHA Public Health Nurses	250-656-2743, x107	
Bryan Schultz	Nurse Practitioner		Bryan.schultz@viha.ca
Lucy Bartleman	Health Manager		
Band Office		250-656-0191	

Tsawout First Nation

<http://www.tsawout.com/>

The Tsawout First Nation main village is about 15 minutes north of the City of Victoria and lies on the east side of the Saanich Peninsula.

Of the 1600 people living in Tsawout (year 2006 est.), approximately one third are registered band members; others are residents who are leasing lands from landowners.

There are single family residential homes, leased modular homes, band administration, and commercial developments, which include motels, restaurants, offices and gas stations. We have a community water and sewer system in place. Our water system is supplied by the Peninsula Water Commission, and Tsawout has its own sewage treatment facility.

The Gathering Strength Community Facility houses a full-sized gymnasium; a weight room; a commercial kitchen; educational, meeting, and studio space.

The health department receives funding from Health Canada to deliver a range of community health programs and health promotion services such as, but not limited to:

- Home and Community Care Program
- Community Health Nursing services for pre- and post-natal care
- Immunizations and the Aboriginal Diabetes Initiative, as well as
- Mental Health
- Early Childhood Development programs

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Health Office		250-652-1149	
Shannon Joyce	Nurse	250-652-1149	nurse@tsawout.ca
Glenda Mercer	Mental Health Counsellor	250-652-1149, x206	
Bryan Schultz	Nurse Practitioner	250-652-1149, x207	Bryan.schultz@viha.ca
Jennifer Claxton	Health Manager	250-652-1149, x202	
Band Office		250-652-9101	

Tsartlip First Nation

<http://tsartlip.com/>

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Health Office		250-652-4473	
Heather Hastings	Nurse	250-652-4473, x203	tsartlipnurse@tsartlip.com
Bryan Schultz	Nurse Practitioner		Bryan.schultz@viha.ca
Dr. Rose Lenser	Family Practitioner		
Karen Harry	Band Administrator	250-652-3988	

Esquimalt Nation

<http://www.esquimaltnation.ca/>

The Esquimalt Nation is a small nation with approximately 150 members living on reserve and another 100 living off reserve. Off reserve members live in Victoria, in other parts of Vancouver Island and BC, Alberta, and in a number of communities in Washington State.

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Michelle Ham		778-678-4681	michelleh@intertribalhealth.ca
Barb	CHR	250-381-7861	
Band office		250-381-7861	

Songhees Nation

<http://songheesnation.ca/>

The reserve can be found along Admirals Road in Vic West. Of the 530 Band members, 260 live on reserve. The newly created Wellness Centre is a hub for the community, including a health centre, administrative offices, an education centre, a gymnasium and many other features.

Health Programs available onsite include social development offices, a fitness studio, a teaching kitchen, a counselling centre, and an Elders centre.

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Health Centre		250-386-1043	
Stephanie Bennett	Nurse	250-386-1043, x131	Stephanie.bennett@viha.ca
Rosa Horne	Health Manager		Rosa.horne@songheesnation.ca

Beecher Bay First Nation (Sc'ianew, Chenuh)

<http://www.beecherbaybc.com/>

The Sc'ianew First Nations' main community is on Beecher Bay in East Sooke, 30 km northwest of Victoria.

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Michelle Ham		778-678-4681	michelleh@intertribalhealth.ca
Band Office		250-478-3535	

T'Sou-ke Nation

<http://www.tsoukenation.com/>

Rose Dumont, the Administrative Health Coordinator, organizes the programs that keep our community well and healthy. Doctors, dentists and nurses from VIHA and the Inter-Tribal Health Authority visit T'Sou-ke regularly. Special clinics are held throughout the year for mammograms, flu shots, etc.

Programs are held during the year to assist the community with health and wellness needs, including:

- Nutrition workshops
- Baby programs
- Non-insured health benefits
- Elders abuse
- Diabetes days
- Literacy

Rose attends ITHA traditional wellness workshops and the annual Elders' conferences with community members. T'Sou-ke is part of the Sooke Integrated Health Network. Its aim is to coordinate customized care that directly addresses a patient's needs.

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Rose Dumont	Administrative Health Coordinator	250-642-3957	adminhealth@tsoukenation.com
Kirsten Hull		250-642-3957	Kirsten.hull@viha.ca
Stephanie Bennett	Nurse		Stephanie.bennett@viha.ca
Band office		250-642-3957	

Pacheedaht First Nation

<http://pacheedahtfirstnation.com/>

Pacheedaht territory includes the lands and waters along the southwest coast of Vancouver Island between Bonilla Point and Sheringham Point. The name "Pacheedaht" translates to English as "Children of the Sea Foam."

<i>Name</i>	<i>Role</i>	<i>Phone</i>	<i>Email</i>
Administration Office		250-647-5521	
Carol Hill	Community Nurse	250-647-5521, x212	carolh@pacheedaht.ca
Francoise Juneau	Nurse Practitioner		Francoise.juneau@viha.ca

Other Valuable Resources:

Saanich First Nations Adult Care RN (currently Kelsey)	250-544-1479 250-744-7978
Aboriginal Diabetes Nurse Educator	250-370-8111, x13773
Aboriginal Liaison Nurses	
Cathy Condy (VGH/RJH)	250-812-1464
Monique Pat (RJH/VGH)	250-480-8333
Jane Fox (SPH)	778-677-0774

Health Canada – Non-Insured Health Benefits (NIHB)

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>

Drug Benefit List (included on Data Stick):

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/provide-fournir/pharma-prod/med-list/index-eng.php>

Benefit Updates:

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/provide-fournir/pharma-prod/med-list/index-eng.php#updates>

First Nations Health Authority - <http://www.fnha.ca/>

Benefits Information Package (included on Data Stick):

http://www.fnha.ca/Documents/FNHA_HealthBenefits_InfoPackage.pdf

Pharmacy Benefit Information

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/drug-med/index-eng.php>

Medical Supplies and Equipment Benefit Information

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/medequip/index-eng.php>

Medical Transportation Benefits Information

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/medtransport/index-eng.php>

Inter Tribal Health Authority - <http://www.itha.ca/>

BC Aboriginal Network on Disability Society (BCANDS) - <http://www.bcands.bc.ca/>

Together Against Poverty Society (TAPS) - <http://www.tapsbc.ca/>

Victoria Native Friendship Centre - www.vnfc.ca

Health Services: <http://www.vnfc.ca/programs-services/health-services>

Awaking the Warrior Within Program (Domestic Violence):

<http://www.vnfc.ca/programs-services/awakening-the-warrior-within>

VIHA

Cultural Competency Training

<http://www.culturalcompetency.ca/home>

Health Resources and Information for Aboriginal People (included on Data Stick):

http://www.viha.ca/NR/rdonlyres/C04FC941-0FBB-4AB6-B978-BC878091D90A/0/HealthResources_InformationAboriginalsSI.pdf

Aboriginal Health Liaison Nurse – Saanich Peninsula Hospital (included in your handouts and on Data Stick):

<http://www.viha.ca/NR/rdonlyres/65ADC92E-E08D-4235-8B7C-C9C1CEF8EDFA/0/ALNSPH.pdf>

Aboriginal Health Liaison Nurse – Royal Jubilee Hospital and Victoria General Hospital (included in your handouts and on Data Stick):

http://www.viha.ca/NR/rdonlyres/852197C5-35B4-4572-9965-7A66311C037C/0/ALNSIRJH_VGH.pdf

Canadian Pediatric Society - www.cps.ca

Aboriginal Child and Youth Health

<http://www.cps.ca/en/issues-questions/aboriginal-child-health>

American Academy of Pediatrics - www.aap.com

Position paper on toxic stress in childhood as a developmental disorder:

<http://pediatrics.aappublications.org/content/129/1/e232.full>

Joe Duquesnay, Head Pharmacist at the Pharmasave in Brentwood Bay (250-652-1235) is a fantastic resource for any medication questions you may have for your First Nations patients. He also has a couple of handy tips for ways you can help your patients and their medication needs:

- **When prescribing medications, please consider prescribing as many refills on a 30 day supply as possible.** Pharmacists are allowed to fill two-thirds of the duration. If medication is lost for a one-month supply, this is not much of a problem for the patients, as the pharmacists can re-dispense at 20 days. Yes, the patient will pay the filling fee more frequently, but this is often low in comparison to paying for the full cost of the prescription.
- **Please call the pharmacist before writing a prescription for a new or unusual drug.** The Buyer Approval Process can be cumbersome and a quick phone call will save you, your patient, and their pharmacist time, money, and aggravation.

Billing Code 13000

Telephone advice to a Community Health Representative in First Nation's Communities \$15.05

Notes:

- i) Applicable only to medically required calls to physician for medical advice initiated by and provided to Community Health Representative.
- ii) Not billable if a Community Health Nurse is available in the Community.

This reference document is also available in soft copy on your Data Stick.