



CENTRAL INTERIOR RURAL PRIMARY CARE NETWORK

“Optimizing accessible primary care service delivery
with coordinated, team-based, culturally safe approaches.”

MESSAGE FROM THE CO-CHAIRS

We made it! On April 1st, we entered the final year of the inaugural PCN Service Plan, and what a journey it's been to get here! Last year was an exciting year for us starting with a new Division PCN Manager, and lots of successful hiring for the nursing and allied health positions in Williams Lake and 100 Mile House. This kept the IH and Division clinic integration team busy, and with every new hire the process of integrating the PCN supports into clinics got smoother. Even with these wins, it's been challenging to fill the remote PCN positions. We will be working with our partners this year to re-envision what those positions could look like to make them more attractive to candidates.

The PCN Steering Committee will look at sustainability and begin developing a service plan for the next phase of PCN this year. To support this work we hired consultant Trevor Kier, who assisted with the development of the initial PCN Service Plan submission. Here's to a good final year of implementation. As always, let us continue this work together.

Warm regards,
Jill & Kelly
CIR PCN Steering Committee Co-Chairs

**The Central Interior Rural
(CIR) Primary Care
Network (PCN) is situated
on the ancestral,
traditional and unceded
territories of the
Secwepemc, T̓silhqot'in
and Dakelh Dene
(Ulkatcho) Nations.**

“

REMINDER:

PLEASE USE THE ZERO-FEE
ATTACHMENT CODE [97630](#) WHEN
ATTACHING ANY NEW PATIENTS.

WHAT'S INSIDE?

DAHOOJA / DZIN GUZUN / WEYT-KP / GOOD DAY!

DAKELH / TSILQOT'IN / SECWEPEMC / ENGLISH

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PCN UPDATES

As we say goodbye to 2022/23 the PCN team has much to celebrate and reflect on as we look ahead to our last year of PCN implementation. This last year has been all about hiring, seeing us fill 43% of our allotted PCN positions. We are grateful for the significant collaborative efforts of the PCN team and partners to achieve PCN implementation.

Below are a few highlights and wins from the last year we are pleased to share with our PCN members and partners.



1. Hired Primary Care Clinical Pharmacist and Occupational Therapist supporting both communities, Nurse for Cariboo Mall Clinic, Registered Dietician for OMH and WL (starting in May 2023), Mental Health and Substance Use clinician for OMH and WL, 2 Aboriginal Patient Navigators working out of our local hospitals.

2. Established mechanisms for communication and collaboration amongst the team of providers. These included monthly Team Time meetings for allied health to get together and encourage team building, and 3 x per week daily huddles.

3. Developed a process and workflows for integration of PCN team members into clinics. The integration process includes an email announcing new hires to all providers, clinic visits to introduce new PCN resources and/or one on one introductions to providers who want more information or would like to do panel work to identify priority patients for referral.

4. Created a PCN integration toolkit to support clinics with integration

5. Streamlined referral processes by establishing key workflows for PCN Hub.

6. We had our first candidate sign a PCN GP contract which is intended to provide income security as the practitioner establishes their practice and builds their patient panel.



PCN UPDATES



7. The Steering Committee passed a motion for 2 New-To-Practice GP contracts to be changed to NP contracts.

8. Rolled out enhanced cultural safety learning for PCN Allied Health and a Cultural Safety Learning Toolkit.

9. Maintained regular communications through PCN Newsletter to all stakeholders; changed to quarterly distribution in 2023.

10. Providers thanked the PCN allied health at the CIRD AGM in November for all of their hard work and how they support the providers work and patients. See video here.

The final year of PCN Implementation will focus on enhancing team-based care, exploring how co-location of PCN allied health in clinics could work, utilizing team mapping sessions to improve integration and support team-based care, and re-looking at hard to hire for positions to attract candidates into those positions.

MEET CONSULTANT TREVOR KIER!

Trevor Kier is a BC-based professional who focuses on community development and strategic initiatives including health care planning, economic and social housing development and natural disaster recovery. In 2019, working with regional health care partners, Trevor led the development of the Central Interior Rural (region) Primary Care Network Service Plan. The PCN Service Plan was approved by the Ministry of Health in the spring of 2020 and is currently in its fourth year of execution. Trevor will be working with the Steering Committee this year to support the development of a service plan for the next phase of PCN. Welcome Trevor!



WELCOME BEBE MAKENA!

BEBE MAKENA: OCCUPATIONAL THERAPIST

Hi, my name is Bebe Makena, and I am the PCN Occupational Therapist supporting Williams Lake and 100 Mile House. I recently moved to Canada from the state of New Mexico in the US to be a part of this new Primary Care Network program. I have a BA in cultural geography, a MS in psychology with a focus on trauma and conflict resolution, a Master of Occupational Therapy, and a clinical Doctorate in Occupational Therapy with a focus on sensory based interventions for PTSD in adults.

Most of my work as an OT has been in rural home healthcare and outpatient settings where I was fortunate to work closely with our primary care providers and my care team colleagues in serving our population. The nature of our location resulted in the need to address a diversity of care needs in an equally diverse – and often dispersed! - community. I loved working in this setting and am intrigued by what we can develop here.

My skillsets include trauma-informed care, use of sensory based inputs like weight-lifting and yoga to aid in psycho-emotional self-regulation, manual and management therapies for chronic pain, management of neurocognitive decline, manual and general conditioning strategies for biomechanical imbalances like compression of the thoracic outlet, balance and coordination related training, sensory deficit related training, organizational management, fine and gross motor training, self-care skill modification and training, caregiver skill and self-care training, home safety assessments, adaptive aid/DME training, and a variety of assessments related to these and other concerns. If you're not certain if I can help your client, just ask!

Personally, I am happily married to my Swiss-born husband, Severino "Sevi" Dubler who relocated with me from the US. We have a dog and a cat, and we enjoy hiking, gaming, reading, constructing things from models to buildings, and generally being nerdy. We're enjoying becoming a part of our new community.



CHELSEY MILLER WILLIAMS LAKE MENTAL HEALTH & SUBSTANCE USE CLINICIAN LEAVING

Chelsey Miller the Williams Lake Primary Care Network Mental Health and Substance Use Clinician has accepted another position in IH. We are grateful for Chelsey's hard work in establishing the MHSU Clinician role in the PCN. We are sad to see her go but are excited for her in this new position and wish her the best.

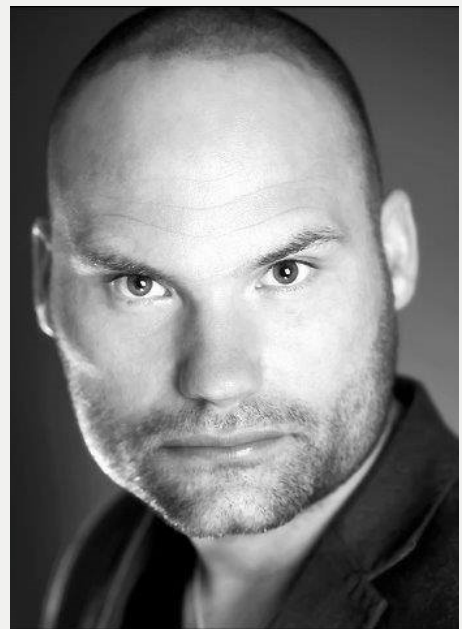


WELCOME ROWAN BEAULIEU!

ROWAN BEAULIEU: CHILD AND YOUTH MENTAL HEALTH CLINICIAN

The CIR PCN is excited to introduce you to Rowan Beaulieu, Child and Youth Mental Health Clinician for the Sécwepemc Nation. Rowan will be working out of Three Corners Health and travelling to the Sécwepemc communities of Xat'sull, T'exelc, Esk'etmc, Xgat'tem, Stswesem'c and Tsq'Escen.

Originally from the North, Rowan began his Red Road almost 15 years ago when he enrolled in an upgrading course. Initially seeking help for himself and his family, he ended up with a masters 7 years later specializing in Indigenous studies. Along the way, he received a degree in Psychology and Sociology as well. After school, Rowan started his professional training as a counsellor at Poundmaker's Healing Lodge, alongside the mentorship of an Indigenous Elder. Since that time, he's counselled at three residential Indigenous Centers, managed a Métis local and worked on reserve. Rowan's counselled both youth and adults, from various territories beginning with Cree, Beaver/Dane Tsaa, Black Foot, Sioux, Chipewyan and Assiniboine.



Rowan has lived in Williams Lake for the last 4 years, and has served alongside brothers, sisters, Elders and Nenqayni family from the Shuswap, Tsilhqot'in, Wet'suwet'en, St'at'imc, and Okanagan Nations. Rowan's is both culturally and community inspired and is happiest when he is drumming and singing with community. Preferring to be a dreamer, among the humblest, he is diligent, creative, enthusiastic, and eager to learn and contribute to Three Corners and the Shuswap Nations success.

CULTURAL SAFETY CORNER

WATCH



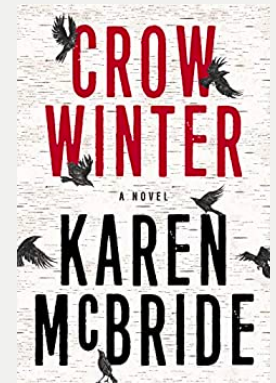
St'exélcemc-kt: Who We Are released by Williams Lake First Nation and filmed by Sean Stiller, gives a glimpse into the lives of the T'exelcémc (people of Williams Lake First Nation). T'exelcémc have belonged to the Secwepemc (or Shuswap) Nation for over 6500 years. Today, the WLFN community includes a growing population of over 800 registered members who live on reserve in T'exelc (commonly known as Sugar Cane), in nearby Williams Lake, BC, and across the globe. One of 17 Secwepemc nations forming Secwepemcúlcw: the greater stewardship land area extends from Shuswap Lake in the south to Quesnel Lake in the north, and from the Columbia-Kootenay Range in the east to the Alexis Creek area in the west. Since time immemorial, our Kukpi7s (Chiefs) led a strong people. [View it on YouTube here.](#)



READ



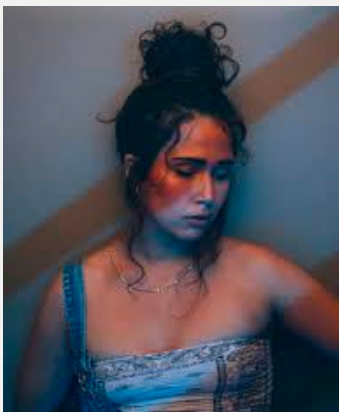
Crow Winter by Karen McBride. Since Hazel Ellis returned home to Spirit Bear Point First Nation, an old crow has been visiting her dreams to tell her he's come to save her. As Hazel investigates what this could mean, she discovers an old magic awakening in the quarry on her late father's land. The adventure Hazel embarks on will have a lasting impact on her family and community. Karen McBride is an Algonquin Anishinaabe writer from the Timiskaming First Nation in the territory that is now Quebec.



FOLLOW



@reconciliationcanada Born from the vision of Chief Dr. Robert Joseph, Gwawaenuk Elder, Reconciliation Canada is leading the way in engaging Canadians in dialogue and transformative experiences that revitalize relationships among Indigenous peoples and all Canadians. Our model for reconciliation engages people in open and honest conversation to understand our diverse histories and experiences. We actively engage multi-faith and multi-cultural communities to explore the meaning of reconciliation. Follow them on Instagram, Facebook or Twitter.



LISTEN



Ruby Waters. Waters' eagerness to experiment sonically is part of what has made her such a success (millions of plays and fans) on TikTok, Reddit and countless other social and streaming platforms. She was even nominated for a 2022 Juno Award for alternative album of the year for her second EP, *If it Comes Down to It*. But it's not just the cross-genre waves that Waters leaves in her wake; it's also the raw, wry and painfully real moments that she shares in the stories of her songs. Streaming available on Apple Music, Spotify, and YouTube.