Keewatinohk Inniniw Minoayawin Inc.

Wellness for Northern First Nations People

Manitoba
Keewatinowi
Okimakanak Inc.

COVID-19 Community Bulletin #1

Mental wellness supports during the COVID-19 pandemic

Manitoba Keewatinowi Okimakanak (MKO) and **Keewatinohk Inniniw Minoayawin Inc. (KIM)** are collaborating with Mental Wellness Services in Manitoba to support Northern First Nations' leadership and Health Directors during the COVID-19 global pandemic.

Feelings of distress, anxiety, fear, and grief can heighten as Manitoba communities practice social and physical distancing during this unprecedented health crisis. In response to the need for people to access mental wellness support and service during COVID-19, mental wellness teams and programs have adapted their methods of communication and will respond through virtual means to continue serving those coping with suicide attempts, completed suicides, homicide, multiple deaths, trauma due to violent assault, or other serious events that impact many people.

Each Wellness Team is committed to:

- Providing confidential mental wellness support with a culturally safe and trauma-informed care approach to all Manitoba First Nations on and off reserve.
- Ensuring all services and on-call crisis responses are accessible via telephone or text with various services, including virtual support with FaceTime and/or Zoom video conferencing, where applicable.
- Ensuring their mental wellness team members and health care providers are trained to help manage an individual's mental health during COVID-19.
- Sharing the most current and accurate information-based facts from provincial and federal public health authorities.
- Staying informed of safety measures during COVID-19, as guided by the Province of Manitoba Chief Public Health Officer and public health authorities.

Manitoba
Keewatinowi
Okimakanak Inc.

Mental Wellness Supports in Manitoba

Dakota Ojibway Health Services

- Available since 2017, the **Dakota Ojibway Tribal Council (DOTC)** based in Headingley, provides an on-call crisis response for youth and adults who are in crisis due to mental health concerns, suicide and/or addiction issues. An on-call service will be available during the COVID-19 pandemic via telephone and FaceTime. The on-call service is open to talk and debrief with the local health care providers and community members that are feeling isolated and distressed.
- **Services six communities:** Birdtail Sioux, Dakota Tipi, Long Plain, Roseau River, Sandy Bay, and Swan Lake
- **Connect with the DOTC Mental Wellness Team: 1-833-600-0087**
  - **Tina Linklater** Tel: (204) 803-4035 Email: nnadap@dotc.mb.ca
  - **Tara Myran** Tel: (204) 791-8305 Email: naysps@dotc.mb.ca
  - **Karole Ducharme** Tel: (204) 770-4739 Email: jp-mww@dotc.mb.ca
  - **Lindsay Taylor** Tel: (204) 226-9092 Email: wellness1@dotc.mb.ca
  - **Casey Paul** Tel: (204) 226-1185 Email: wellness2@dotc.mb.ca

Interlake Reserves Tribal Council (IRTC)

- Available since 2017, the **IRTC** is located in Winnipeg and provides virtual support during COVID-19. In a time of crisis, team members will attend to the community using highly sensitive and precautionary measures, as advised by Manitoba's public health authorities. The Mental Wellness Team is tracking calls and supports for mental wellness. The IRTC Health Directors connect every Tuesday and Thursday via teleconference.
- **Services six communities:** Dauphin River, Kinonjeoshtegon, Lake Manitoba, Little Saskatchewan, Peguis, and Pinaymootang
- IRTC's website https://www.irtc.ca/news-4/ and Facebook page will have information regarding coping skills for stress and anxiety.
- **Connect with the IRTC Mental Wellness Team:**
  - **Marcie Tavares** Tel: (204) 803-0700 Email: mtavares@irtc.ca
  - **Sheri Gould** Tel: (204) 302-0078 Email: sherigould@irtc.ca
  - **Treena McPherson** Tel: (204) 302-1344 Email: treenamcpherson@irtc.ca

Manitoba
Keewatinowi
Okimakanak Inc.

Opaskwayak Health Authority (OHA)

- Available since 2018, the OHA is based in Opaskwayak. The Mental Wellness Team consists of five counsellors, including OHA counsellors who are available via telephone to provide follow-up care with clients, and Opioid Replacement Therapy (ORT) Physician clinics who are available via telehealth on the regular scheduled dates. Telehealth is being set up for clients to have follow-up appointments with their treatment. The team is contacting clients on a regular basis and is expanding days/hours of operation to accommodate people struggling with stress related to the global crisis.
- New office hours during COVID-19:
  - Monday & Tuesday 8:30 am - 6:00 pm
  - Wednesday – Friday 8:30 am - 9:00 pm
  - Saturday & Sunday 10:00 am - 9:00 pm
- Please note that this team does not have NIHB therapists assigned.
- **Services communities affiliated with Swampy Cree Tribal Council:** Marcel Colomb, Mathias Colomb, Mosakahiken, Opaskwayak, Sapotaweyak, Misipawistik Cree Nation, and Wuskwi Sipihk
  **Services are available to anyone who seeks support during this difficult time.*
- **Connect with the OHA Mental Wellness Team during office hours:**
  Tel: (204) 627-7410 Fax: (204) 623-3907 or
- **Sarah Linklater, Mental Health Manager** Tel: (204) 627-7426 Confidential fax: (204) 623-3907
- **Connect with the Crisis Line after hours:** Tel: (204) 623-0519

Southeast Resource Development Council (SERDC)

- Available since 2018, the SERDC is in Winnipeg and has a team of nine staff including outreach workers, therapists, a cultural advisor, addiction specialists, Indian Residential School (IRS), Resolution Health Support Worker (RHSW), and MMIWG support workers. During COVID-19, the team provides virtual support via telehealth, telephone or videoconferencing for counselling and therapy to youth and adults who may experience feelings of stress, fear, and anxiety.
- **Services eight communities:** Berens River, Black River, Bloodvein, Brokenhead Ojibway Nation, Hollow Water, Little Grand Rapids, Pauingassi, and Poplar River
- **SERDC website** https://www.serdc.mb.ca/programs-and-services/health-services and Facebook page offers updates and supports.
- **Connect with the Mental Wellness Team Program Manager:**
  - **Carol McCorrister** Tel: (204) 956-7500 Fax: (204) 934-0374 Email: carolm@serdc.mb.ca

Manitoba
Keewatinowi
Okimakanak Inc.

Keewatin Tribal Council (KTC)

- Available since 2017, the KTC Mental Wellness Team in Thompson consists of fourteen staff that include Crisis Response, Mental Wellness, Cultural Advisors, National Native Alcohol & Drug Abuse Program (NNADAP) Counsellor, and a Mental Health Therapist. During the COVID-19 pandemic, the Mental Wellness Team provides on-call crisis services seven days a week from 8:30 am to 4:30 pm, through telehealth, telephone, or teleconferencing. One-on-one counselling, family counselling, and therapy is available to youth and/or adults who struggle with addictions, substance abuse, suicide ideation, and unresolved trauma and grief.
- The Wellness Team recognizes the need to support local health care providers (HCP) during this pandemic and are available to talk and debrief with HCPs that find themselves overwhelmed and struggling during this challenging time.
- **Services eleven communities:** Barren Lands, Bunibonibee, Fox Lake, God's Lake, Manto-Sipi, Northlands, Sayisi Dene, Shamattawa, Tataskweyak, War Lake, and York Factory
- **KTC website** http://www.ktc.ca/keewatin-tribal-council, Facebook page, and local community radio stations will have information regarding COVID-19 to deal with social distancing and isolation including fun activities and contests.
- **Connect with the Crisis On-Call:** Cell: (204) 307-1905 or (204) 307-0118
- **Connect with the KTC Mental Wellness Team:** Tel: (204) 677-7410 Fax: (204) 677-0255
  - **John Spence** Tel: (204) 677-0257 Cell: (204) 679-1209 Email: jspence@ktc.ca
  - **Echo Dumas** Tel: (204) 677-0265 Cell: (204) 307-6453 Email: edumas@ktc.ca
  - **Mary Azure Laubmann** Tel: (204) 677-0268 Cell: (204) 307-8440 Email: mlaubmann@ktc.ca

Natawiwewak Medical Clinic (NMC)

- Available since 2018 and based in Winnipeg, the NMC provides a range of mental wellness supports including adult psychiatry services, clinical assessments, counselling, therapy, case management, and service coordination. The Mental Wellness Team consists of psychiatrists, clinicians, and local mental wellness community support workers. During COVID-19, the NMC offices at the Health Centre and the Quest Inn will remain open and provide virtual support via telephone and Telehealth and will provide mental wellness services to partnering community members who have found themselves in Winnipeg and are requiring mental wellness services.
- **Services four communities:** Bunibonibee, Chemawawin, God's Lake, and Manto Sipi
- **Connect with the Mental Wellness Team:** Tel: (204) 417-8877 Fax: (204) 417-7744
  - **Amelia Clarke**, RSW, BSW (Gods Lake Cree Nation/Manto Sipi Cree Nation)
    Tel: (204) 670-1058 Email: aclarke@questhealth.ca

Manitoba
Keewatinowi
Okimakanak Inc.

(NMC Continued)

- **Corey Spence** RSW, BSW (Chemawawin Cree Nation)
  Tel: (431) 754-0929 Email: cspence@questhealth.ca
- **Joy Koczka**, RSW, MSW, BSW, BA (Bunibonibee Cree Nation/Manto Sipi Cree Nation)
  Tel: (204) 229-5488 Email: jkoczka@questhealth.ca
- **Ken MacKenzie**, RSW, MSW, BSW BA (Consulting Clinic Director)
  Tel: (204) 232-3033 Email: kmackenzie@questhealth.ca
- **Kirsty Muller**, RN,BN (Bunibonibee Cree Nation/Gods Lake Cree Nation)
  Tel: (204) 298-8142 Email: kmuller@questhealth.ca

Mobile Crisis Response Team/Manitoba Keewatinowi Okimakanak Inc. (MKO)

- Available since 2017, the Winnipeg and Thompson teams consist of twelve members working from home during the COVID-19 pandemic. The teams provide a wholistic, culturally sensitive and safe crisis response and trauma intervention to Manitoba's First Nations, as it relates to completed suicides, suicide attempts, homicide, multiple deaths, and traumatic events such as violent assault or serious events that impact many people. Each request for service will be assessed on a case-by-case basis to determine intervention to support the crisis experienced in the community through video conference or telephone.
- **Services:** Manitoba First Nations and eligible status citizens living on or off reserve in Manitoba
- **MKO website** https://mkonation.com and Facebook page have information regarding COVID-19.
- **Connect with the Mobile Crisis Response Team:** 1-844-927-LIFE (5433)
  Email: crisisresponse@mkonorth.com

Traditional Healer Services

- The Traditional Healer Program based in Thompson has a team of three working from home during COVID-19 and provides culturally safe access to traditional healing. Supports for traditional healing normally involves ceremonies, traditional medicines, and land-based activities to acquire traditional teachings from Indigenous Knowledge Keepers.
- Each request for service will be assessed on a case-by-case basis to determine access to a Traditional Healer. Services will be limited to individual consults through virtual supports primarily by phone.
- **Services:** Manitoba First Nations, eligible status citizens living on or off reserve in Manitoba
- MKO website https://mkonation.com and Facebook page have information regarding COVID-19
- **Connect with the Traditional Healer Program Manager, Duke Beardy**
  Tel: (204) 307-8192 Email: Duke.beardy@mkonorth.com

Manitoba
Keewatinowi
Okimakanak Inc.

Murdered & Missing Indigenous Women & Girls (MMIWG)

- Available since 2018, the MKO MMIWG Liaison Unit is based in Winnipeg and Thompson. With a team of six staff working remotely during the COVID-19 pandemic, they are utilizing other communication platforms to continue services to those seeking access to mental, emotional, and cultural wellness support services, including 2SLGBTQQIA+, family members who are affected by MMIWG, or to those who are survivors of violence. The MKO MMIWG Liaison Unit is trained to provide support that is trauma-informed, culturally appropriate, community-based, holistic, and focused on providing a direct and integrated approach.
- **Services:** First Nations, Inuit, Metis, non-status, and non-Aboriginal people living in Manitoba
- **MKO website** https://mkonation.com and Facebook @MKOMMIWGLiaison will have information regarding COVID 19
- **Connect with MMIWG Liaison Unit Manager, Hilda Anderson-Pyrz**
  Tel: (204) 307-5919/ Email: hilda.anderson.pyrz@mkonorth.com

Additional Resources:

Non-Insured Health Benefits (NIHB) Program Mental Health Therapists

- People may contact their mental health service provider to confirm whether they can provide counselling services via telephone. Telehealth mental wellness services by eligible providers are covered by the NIHB Program.
- According to the COVID-19 Pandemic Updates to First Nations, NIHB still have many therapists travelling into communities, as of March 24, 2020.
- **Services:** First Nations who are registered under *The Indian Act*, or Inuk recognized by an Inuit land claim organization.
- To read about client eligibility, please visit the Government of Canada Website:
  https://www.sac-isc.gc.ca/eng/1576093404318/1579114266033#a32
- **Connect with Non-Insured Health Benefits for a Mental Health Therapist:** Tel: (204) 983-4571

  Or visit the NIHB Mental Health Services, Nations and Inuit Health Branch, Indigenous Services Canada/Government of Canada:
  sac.fnihbfnihmbrmentalhealth-santementalesprnirmbdgspni.isc@canada.ca

Manitoba
Keewatinowi
Okimakanak Inc.

Local Emergency Services & Help Lines

If experiencing a life-threatening crisis, please contact your local emergency services (911) or RCMP detachment.

Manitoba Suicide Prevention and Support Line: Reason to Live

- The **Manitoba Suicide Prevention and Support** line is a toll-free, confidential, and a 24-hour crisis line run by trained counsellors from the Klinic Community Health Centre. It provides immediate support and service to those struggling with suicidal thoughts or feelings, or to those concerned about a friend's mental wellness and/or safety, and to family member impacted by a suicide loss or suicide attempt. Our counsellors understand that many people struggle with suicidal thoughts or behaviours.
- **Toll Free Prevention and Support Line: 1-877-435-7170**

First Nations and Inuit Hope for Wellness

- If you're experiencing emotional distress and want to talk, the First Nations and Inuit Hope for Wellness offers an individual crisis support line open 24/7.
- **Toll Free Hope for Wellness Help Line: 1-855-242-3310**

Winnipeg Crisis Response Centre (CRC)

- Mental health experts are available 24/7 to help adults experiencing:
  - A mental health crisis with the risk of potential harm associated with an immediate crisis including suicidal thoughts and behaviour
  - Personal distress and other signs and symptoms of a mental health condition requiring urgent mental health assessment and treatment
  - Intense emotional trauma where assessment, crisis intervention, and linkage to other services are required
  - An immediate risk is posed after hours when the ongoing mental health service provider is not available
- **Connect with the Mental Wellness Team:** (204)-788-8330 or visit www.whra/mb/ca/crc

Manitoba
Keewatinowi
Okimakanak Inc.

Winnipeg Mobile Crisis Service

- Mobile Crisis Staff are available 24/7
- Offers crisis intervention, mental health assessment, telephone consultation and support, health education on mental illness, medication, coping strategies and preventative techniques, liaison and referral to community resources, support to family members and other concerned individuals, psychiatric consultation and assessment, and short-term follow-up.
- **Connect with the Mobile Crisis Service:** (204) 940-1781

For more information, contact:

Theresa Yetman, Mental Health Program Manager, MKO
theresa.yetman@mkonorth.com
Work Cell: (204) 795-4253

Theresa Garson, Mental Wellness Benefits Analyst
Theresa.garson@mkonorth.com
Work Cell: (204) 391-3356