

VOL. 2 · FEBRUARY ISSUE 2021

HOLISTIC WELLNESS MONTHLY

Official Newsletter of the Splatsin Holistic Wellness Team

Weekly Elders Meditation

BY WHITE BISON

"I'VE HAD A LONG REGARD FOR GENERATIONAL THINGS: POTTERY, CULTURAL THINGS, PARTICIPATION IN DANCING, AND EXTENDED FAMILY. ONLY IN THAT WAY DOES CULTURE SURVIVE; ONLY IN THAT WAY IS CULTURE ACTIVE.

-- TESSIE NARANJO, SANTA CLARA PUEBLO

Culture teaches us how to live and it ensures that knowledge about life is handed down from generation to generation. Culture gives us the feeling of belonging. It helps us raise our family in a good way. It teaches us how to treat one another. Culture sets boundaries for societies. We need to develop our culture. If we have left our culture, then we need to come back to it. Culture leads us back to the Great Spirit. Sometimes in our lives, we leave what we know works and experiment with something else. Then we get into trouble. So we need to come back home. Indian people are lucky to have a culture to return to.

Creator, thank you for the culture. Let me live it today.



Wellness:

CREATIVE CORNER

CRAFT KITS - PG.2

COMMUNITY ENGAGEMENT

ONLINE TRAINING - PG.3

TRADITIONAL MEDICINE

SHARING MELA'HMA - PG.4

TRADITIONAL INDG. WELLNESS

WELLNESS ROUTINE - PG.5

ONLINE WELLBRIETY MEETINGS

WELLBRIETY - PG.6

SUPPLIES AND SUPPORT

HARM REDUCTION - PG.6

A&D - PG.9

ONLINE NATIVE COLOURING BOOK

ONLINE WELLNESS - PG.7

INDIGENOUS SELF-CARE

SELF-CARE - PG.8

MENTAL HEALTH CRISIS SUPPORTS

CRISIS RESOURCES - PG.10



CRAFT KITS & CREATIVE CORNER

SPLATSIN HEALTH MENTAL WELLNESS TEAM WILL BE PUTTING TOGETHER CRAFT KITS, TO CONTINUE WELLNESS AND CREATIVITY -- AT HOME!

****ONLINE VIDEO INSTRUCTIONS, OR PAPER INSTRUCTIONS, WILL BE PROVIDED**

****ON RESERVE PICK-UP ONLY - WHILE SUPPLIES LAST;
FOR SPLATSIN BAND MEMBERS**

*Options for "kits"
(1 item-kit per person):*

- *Dream catcher & spiders*
- *Drawing kits (charcoal)*
- *Medicine bags/pouches*
- *Rattles*
- *Peyote-stitch key chains*
- *Mugs - design your own*

ONLINE CREATIVE CORNER WORKSHOP WITH JEAN & DENICA

Wednesdays
1:30pm - 3:30pm

Join Zoom Meeting
<https://fnha.zoom.us/j/68653337666>

Meeting ID: 686 5333 7666
+1 438 809 7799 Canada
+1 778 907 2071 Canada
855 703 8985 Canada Toll-free

If you are interested in a craft kit, please contact Denica
Denica - (250) 309-2936 (text or call) /
denica_bleau@splatsin.ca

NATIVE WELLNESS

UPCOMING - ONLINE TRAININGS

2021

*Register at: <https://www.nativewellness.com/events.html>
(All trainings will be presented via Zoom)*



SELF CARE STRATEGIES FOR WORK AND HOME -
FEBRUARY 9 - 10

CHOOSE RESPECT: MEN'S MENTORING PROGRAM
TO END VIOLENCE - FEBRUARY 11 - 12



SAVE THE DATES!
(MORE INFORMATION COMING SOON)

USING THE GONA FRAMEWORK - MARCH 9 - 10

BEING AN ALLY IN INDIAN COUNTRY - MARCH 11 - 12

NEWDIRECTIONS SERIES -
APRIL 12 - INTRODUCTION SESSION I
MAY 10 - INTRODUCTION SESSION II
JUNE 15 - 16 - NEW DIRECTION TRAINING

SELF-CARE- APRIL 13 - 14

POWER OF POSITIVE THINKING - APRIL 15 - 16

SELF-CARE IN THE WORKPLACE AND AT HOME - MAY 11 - 12

WELL FOR CULTURE: 7 CIRCLES OF WELLNESS - MAY 13 - 14

WELLNESS SUMMIT - JUNE 17 - 18

NATIVE YOUTH WELLNESS WARRIOR CAMP - JUNE 29 - 30



Sharing Mela'homa

TRADITIONAL MEDICINES

INDIGENOUS OWNED AND OPERATED

- *Healing Sprays*
- *Traditional Medicine Teas*
- *Creams and Lotions*
- *Bath Salts*

To address individual holistic health and wellness, including, and not limited to:

- Pain & Discomfort
- Cold & Flu
- Digestion
- Skin rashes / irritations
- Grief & Loss
- Anxiety symptoms
- Depression symptoms
- Substance Use & Addiction

FOR A CONSULTATION CONTACT:

CRYSTAL MORRIS

PH: 250-307-1664

EMAIL: MSCRYSTALMORRIS@HOTMAIL.COM




Wellness Routine

CREATED BY: NATIVE WELLNESS

During this time, we may be out of our normal schedules. NativeWellness.com provides some ideas for how to keep ourselves healthy, while remembering our core values and traditions.

Breathe Deep, Be Mindful, Be Present.




Meditate

Take a moment to be mindful.
Slow down. Trust the process.

Stress can reduce our
immune system's ability to fully function,
so it is important to take the time to
center ourselves.

Nativewellness.com @nativewellness



COUNSELLING:

Contact Denica or Jessica to
be referred to a counsellor

LIST AVAILABLE ONLINE:
SPLATSIN.CA/UPLOADS/FILES/FNHA_COUNSELLORS.PDF



Denica Bleau (250) 309-2936
denica_bleau@splatsin.ca

Jessica Kent (250) 309-2331
jessica_kent@splatsin.ca

HOLISTIC WELLNESS PRACTITIONERS



Online Events/Resources

Part 1 - Support Groups & Harm Reduction:

COMPILED BY THE MENTAL WELLNESS TEAM

To access click on the web links

WELLBRIETY INTERNATIONAL:

Wellbriety is an Indigenous 12-Step based program. The program focuses on healing from trauma and addictions.

Monday - Friday || 11:00 AM

Website: us04web.zoom.us/j/5485380164

Meeting ID: 548-538-0164 // Password: 488123

TK'EMLUPS RECOVERY MEETINGS:

Website: <https://us02web.zoom.us/j/84428458473>

Meeting ID: 844 2845 8473

Monday - Friday Wellbriety - 1pm to 3 pm

VIRTUAL RECOVERY ROOMS:

Various online meetings for AA, NA, Al-Anon, etc.

Click or tap: [HERE](#)

OR go to www.FNHA.ca -> About -> News & Event -> News ->

When You're in Recovery and a Pandemic Hits (April 29, 2020)

HARM REDUCTION

SPLATSIN HEALTH SERVICES

If you need naloxone kits, safe injection supplies, safe smoking supplies, crystal meth pipes, take-home drug testing for fentanyl, and safe sex supplies, please call or text the Community Health Nurse, Meghan, at 250-306-7764 for a no contact drop off for any needed Harm Reduction supplies.

DOWNTOWN VERNON MENTAL HEALTH & SUBSTANCE USE CLINIC:

250-503-3737, 3306A 32nd Ave, Vernon

Over dose prevention, safe injection site, harm reduction supplies, and fentanyl testing, Monday-Friday 9am-3pm (closed 12-1 for lunch)

LIFEGUARD APP: To help prevent overdoses

www.lifeguarddh.com

For more information about:

Counselling and/or emotional support and referrals

Addictions counselling/referrals

Referral to elder/traditional support

Accessing online supports

Food bank/food security

Housing/shelters

Legal information/court and updates

Accessing financial services

Other resources and supports as needed

Contact:

Denica Bleau: (250)309-2936

denica_bleau@splatsin.ca

Jessica Kent: (250)309-2331

jessica_kent@splatsin.ca



WELLNESS WORKSHOP

Native Wellness Power Hour is presenting various videos/presentations, sharing national Indigenous knowledge

Website:

<https://www.nativewellness.com/resources.html>

Facebook:

facebook.com/NativeWellnessInstitute/



Online Events/Resources

Part 2 - Holistic Resources:

COMPILED BY THE MENTAL WELLNESS TEAM

To access click on the web links

SECWEPENC MUSIC VIDEO:

With Zoey Roy and Geordie Trifa

<https://youtu.be/rS1893oEkXk>

FNHA STAYING CONNECTED: Indigenous Practices

<https://www.fnha.ca/Documents/FNHA-Staying-Connected-During-the-COVID-19-Pandemic.pdf>

INTERNATIONAL DRUM GROUP: Collective Drum

Facebook: facebook.com/groups/563824651006605/

ART: Native Wellness Colouring Book

Website:

nativewellness.com/uploads/4/6/7/8/4678037/coloring_book_single_pages.pdf

ENDERBY & ONLINE LIBRARY:

Adult, child and family reading and activities

Open: Tuesday 10-5, Wednesday 10-5, Friday 11-8, Saturday 10-4

Come in to see Dawn, Angie or Lindsay to find books, movies, TV series!

Sign up for a library card: <http://orl.bc.ca/>

Lost your card? Email help@orl.bc.ca

See website for ebooks and online programs:

Story Time, Kids Engineering Club and more!

Provide feedback to the Splatsin Mental Wellness team about what supports you would like during the COVID-19 crisis.

COMPLETE OUR ONLINE QUESTIONNAIRE:
www.surveymonkey.com/r/BTYLJ5S

FOR MORE INFORMATION PLEASE CONTACT:

JESSICA KENT
JESSICA_KENT@SPLATSIN.CA
250-309-2331

OR

DENICA BLEAU
DENICA_BLEAU@SPLATSIN.CA
250-309-2936



MEDITATION VIDEOS:
Practice online to help relax and calm.

1) traumahealingguru.com/meditationssessions/

2) calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720

SELF CARE

ÁDAA ÁHLYÁ

25 other things you could do

- Listen to music
- Try playing or learning an instrument
- Learn a new language
- Skin care routine
- Movie night
- Declutter your closet
- Make coffee or tea
- Make a list of museums, concerts, places you want to visit when they reopen
- Rearrange your furniture
- Memorize the periodic table
- Watch StarWars in this order (Rogue One-IV-V-II-III-Solo-VI-VII-IX)
- Listen to a podcast
- Read
- Plant - Garden
- Yard Work
- Take photos
- Stretch
- Sleep
- Meditate
- Spend time with your animals
- Play board games - Game Night
- List what you're grateful for
- Work on a puzzle
- Drink lots of water
- Take a bath
- Dance

Start the day with gratitude,
prayer, & affirmation

Write

poetry, stories, journal, letters to others,
self-reflection

Stay Active

go for a walk, run, hike, bike ride, yoga, at home workout

Arts & Crafts

painting, beading, silversmith, weaving, sewing,
drawing, coloring, leatherwork

Cook & bake new recipes

check out @thefancynavaajo for ideas

Connect with family & friends

facetime, zoom, skype, google hangouts to video chat

Created by: Kylie Cayedito (Indigenous Photographer/Designer)



ADDICTION RECOVERY

(DURING THE COVID-19 CRISIS)

Splatsin Health Services

SERVICES:

- One-on-one Counselling (in-person, phone or video chat)
- Online Groups Wellbriety, AA/NA, etc.
- Harm reduction supplies (pipes, needles, sanitation)
- At-home-detox support
- Naloxone training & Naloxone kits
- Take home drug checking kit (fentanyl)
- Planning for the future



REFERRALS & APPLICATIONS:

- Referrals to Detox and Treatment applications
- Referrals to Recovery houses/second stage housing
- Referrals for OAT (Methadone and Suboxone), drug checking, & safe injection site

CONTACT:

Jessica Kent & Denica Bleau
jessica_kent@splatsin.ca // (250)309-2331
denica_bleau@splatsin.ca // (250)309-2936



MENTAL HEALTH CRISIS SUPPORTS

1-888-353-2273

310-6789
(NO AREA CODE - MENTAL HEALTH)

ONLINE CHAT SERVICE FOR YOUTH:
WWW.YOUTHINBC.COM
(NOON TO 1AM)

ONLINE CHAT SERVICE FOR ADULTS:
WWW.CRISISCENTRECHAT.CA
(NOON TO 1AM)

CRISIS CENTRE BC

The Crisis Intervention and Suicide Prevention Centre of BC (Crisis Centre) provides Mental Health Crisis support for elders, adults and youth. 24/7 telephone support.

Online chat available. Confidential and non-judgmental crisis support for people experiencing feelings of distress or despair.

TOLL FREE: 1-855-242-3310

HOPE FOR WELLNESS CHAT LINE:
WWW.HOPEFORWELLNESS.CA

FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELPLINE AND ON-LINE COUNSELLING SERVICE

The Hope for Wellness Help Line offers immediate culturally supportive mental health counselling and crisis intervention to all Indigenous people across Canada.

1-800-668-6868

WEBSITE:
[HTTPS://KIDSHELPPHONE.CA/](https://kidshelpphone.ca/)

TEXT: TO CONNECT TO
686868

KID'S AND TEEN'S HELP PHONE

Confidential phone and on-line professional counselling for kids and teens. Big or small concerns. Texting service is available 24/7/365. You don't need a data plan, Internet connection or an app to use it. Emotional health, dating, LGBTQ, sexting, bullying support.

TOLL FREE:
1.800.KUU.US17
(1-800-588-8717)

KUU-US CRISIS SERVICES

The KUU-US Crisis line is available 24-hours a day, seven days a week – regardless of where you live in BC. If you are in need, you can call and receive an immediate culturally safe support.

TOLLFREE:
1-866-925-4419

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

1-800-SUICIDE
(1-800-784-2433)

SUICIDE HELPLINE

1-800-563-0808

VICTIM LINK BC

Information and referrals for all victims of crime. Immediate crisis support to victims of family and sexual violence. Available 24/7.

1-888-403-3123

(MONDAY & WEDNESDAY
2:30-8:30PM)

RHSWCOOR@TSOWTUNLELUM.ORG

TSOW-TUN LE LUM SOCIETY

We provide programs that address the issue, of addictions and substance abuse, and support survivors of trauma and residential schools.

TSOW-TUN LE LUM RHSW support (Facebook):

Online AA and CoDA meetings (start at 8pm)

Tuesday, Thursday, Friday 10am – 6pm

Saturday 11am – 7pm

These resources may change daily, and may have waiting times. Denica and Jessica will try to monitor these resources.
FOR A LIST OF INDIVIDUAL COUNSELLORS CONTACT DENICA BLEAU OR JESSICA KENT

DENICA_BLEAU@SPLATSIN.CA / 250-309-2936

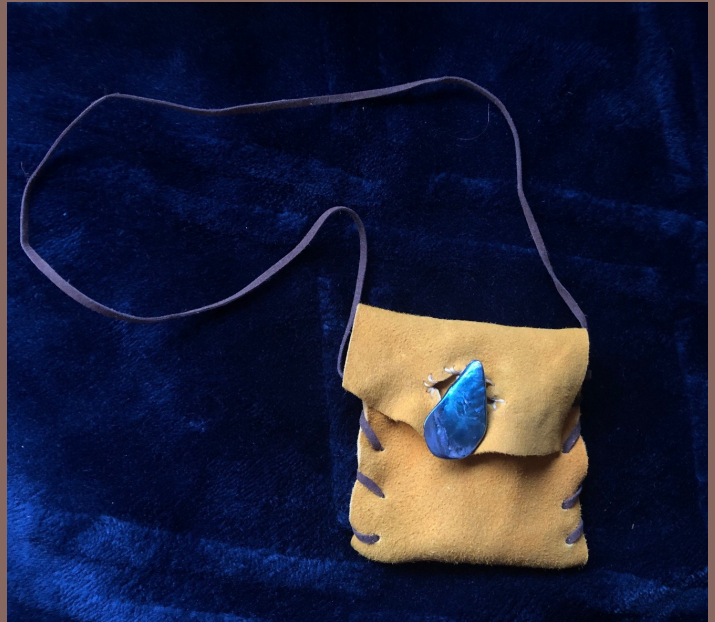
JESSICA_KENT@SPLATSIN.CA / 250-309-2331

Creative Corner Creations

CREATIONS FROM THE 'CRAFT KITS'
KUKSTEMC, CREATORS, FOR SHARING!



BY: JEANNIE T.



BY: DYLAN O.



BY: SIMONE W.