

VOL. 2 · MARCH ISSUE 2021

HOLISTIC WELLNESS MONTHLY

Official Newsletter of the Splatsin Holistic Wellness Team

Weekly Elders Meditation

BY WHITE BISON

"THE GROUND ON WHICH WE STAND IS SACRED GROUND. IT IS THE DUST AND BLOOD OF OUR ANCESTORS."

-- PLENTY COUPS, CROW

Mother Earth is the source of life and the place all life returns to. She gives us life. She feeds us through our journey and she waits for us to return to her. The Indian way is to recognize the earth as the place of our ancestors. That is why certain places on earth are considered sacred areas and sacred land; this is the place of our ancestors. We all need to reflect upon the earth, the place where our ancestors lived. We need to have love and respect for the earth.

My Creator, let me honor the place of our ancestors, Mother Earth.



Wellness:

CREATIVE CORNER

CRAFT KITS - PG.3

COMMUNITY

CRAFT TALENT - PG.4&5

TRADITIONAL MEDICINE

SHARING MELA'HMA - PG.6

TRADITIONAL INDG. WELLNESS

WELLNESS ROUTINE - PG.7

ONLINE WELLBRIETY MEETINGS

WELLBRIETY - PG.8

SUPPLIES AND SUPPORT

**HARM REDUCTION - PG.8&9
A&D - PG.11**

ONLINE NATIVE COLOURING BOOK

ONLINE WELLNESS - PG.9

INDIGENOUS SELF-CARE

SELF-CARE - PG.10

MENTAL HEALTH CRISIS SUPPORTS

CRISIS RESOURCES - PG.12



A BUTTERFLY'S JOURNEY:

with *Melanie Lansall*


MSW, RSW, C.Hyp
Of Dzoondza Wellness

From the cocoon to
Getting through the COVID exhaustion.
The wrap around influence of self care

Online Workshop:


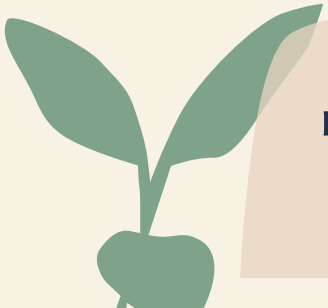
Feb 27th & March 6th
12PM - 2:30PM | Saturdays

Let's use imagination to sail away on a magical
inspirational journey to a happier days!



Jump onto the cyber magic carpet as we explore fun ways
to integrate self care into your life during this time of
change and transition!

PRIZES for attendance and participation 😊



CONTACT DENICA OR JESSICA
FOR MORE INFORMATION & TO REGISTER:
DENICA - 250-309-2936 (TEXT OR CALL)
JESSICA - 250-309-2331 (TEXT OR CALL)



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**

*Upcoming craft kits
to be announced!*

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

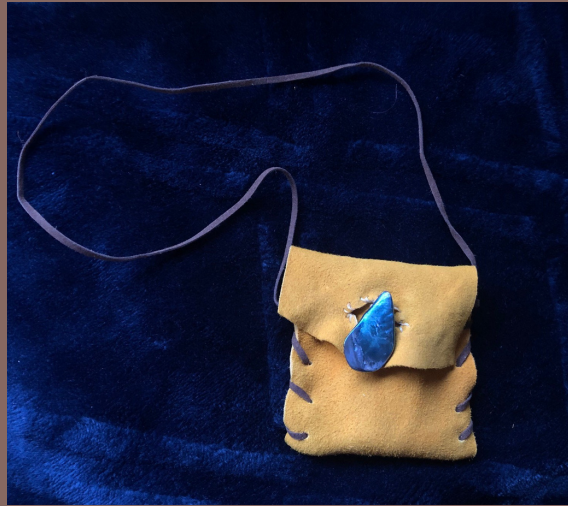
If you are interested in a craft kit, please contact Denica:
(250) 309-2936 (text or call) / denica_bleau@splatsin.ca

Creative Corner Creations

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



BY: JEANNIE T.



BY: DYLAN O.



BY: WILMA M.



BY: SIMONE W.



BY: WILMA M.



BY: SIMONE W.

Creative Corner Creations

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



BY: SIMONE W.



BY: WILMA M.



BY: SIMONE W.



BY: SIMONE W.



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.

Focusing On Our Mental Well-Being

This pandemic is causing trauma to an already traumatized people. When we have that awareness, we can focus on our mental well-being to help address the stress and anxiety we may be feeling.

- Turn off the news, only watch for updates
- Take a break from discussing the virus
- Connect with friends who will help uplift you and keep you from going down the "doom and gloom" rabbit hole
- Unplug from social media, technology
- Enjoy nature by getting outside
- Declutter your space
- Cry, laugh, scream- express and let go



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

VERNON WELLBRIETY @ PEOPLE'S PLACE

When: Friday's 1pm – 3pm

For more info please contact Michael Ochoa @ youthjustice@okanagan.org | Phone: (250) 309 0353, or Contact Kim Oneill @ 778-932-0852 to sign up!

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.

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

HARM REDUCTION (PT.2)

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

INDIGENOUS / ART / COMMUNITY

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! 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://KIDSHHELPPHONE.CA/](https://kidshehelpphone.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