

VOL. 2 · APRIL ISSUE 2021

# HOLISTIC WELLNESS MONTHLY

Official Newsletter of the Splatsin Holistic Wellness Team

## Weekly Elders Meditation

BY WHITE BISON

"THE OLD PEOPLE SAY, 'LEARN FROM YOUR MISTAKES'. SO I TRY TO ACCEPT EVERYTHING FOR WHAT IT IS AND TO MAKE THE BEST OF EACH SITUATION ONE DAY AT A TIME."

-- DR. A.C. ROSS (EHANAMANI), LAKOTA

The Creator did not design us to beat ourselves up when we make mistakes. Mistakes are our friends. It is from mistakes that we learn. The more mistakes we learn from, the faster we gain wisdom. The faster we gain wisdom, the more we love. The more we love, the fewer our mistakes. Therefore, mistakes help us to learn love. God is love. Mistakes are sacred and help us learn about God's will for ourselves.

Great Spirit, help me, today, to learn from my mistakes.



## Wellness:

CREATIVE CORNER

**CRAFT KITS - PG.2**

COMMUNITY

**CRAFT TALENT - PG.3&4**

TRADITIONAL MEDICINE

**SHARING MELA'HMA - PG.5**

TRADITIONAL INDG. WELLNESS

**WELLNESS ROUTINE - PG.6**

ONLINE WELLBRIETY MEETINGS

**WELLBRIETY - PG.7**

SUPPLIES AND SUPPORT

**HARM REDUCTION - PG7&8  
A&D - PG.10**

ONLINE NATIVE COLOURING BOOK

**ONLINE WELLNESS - PG.8**

INDIGENOUS SELF-CARE

**SELF-CARE - PG.9**

MENTAL HEALTH CRISIS SUPPORTS

**CRISIS RESOURCES - PG.11**





# 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](mailto:denica_bleau@splatsin.ca)

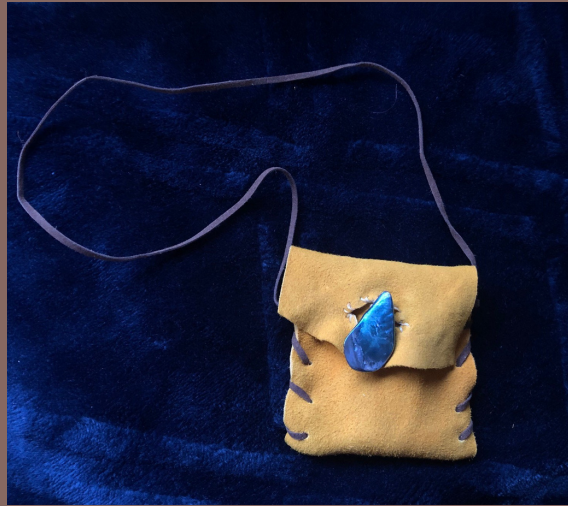


# Creative Corner Creations

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  
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# 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](http://NativeWellness.com) provides some ideas for how to keep ourselves healthy, while remembering our core values and traditions.

## Sleep

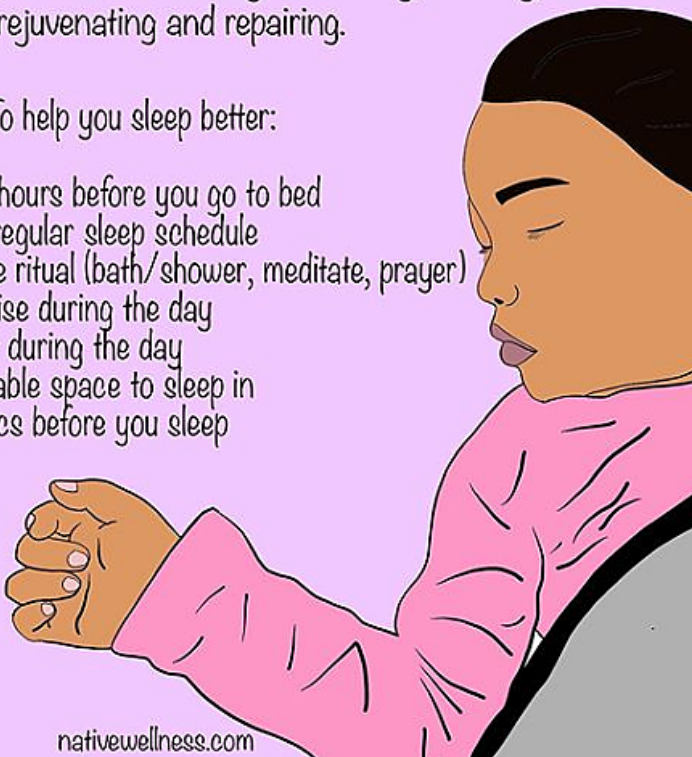
When we sleep, our brain and body are resting, relaxing, rejuvenating and repairing.

To help you sleep better:

- Eat at least four hours before you go to bed
- Try to stay on a regular sleep schedule
- Develop a bedtime ritual (bath/shower, meditate, prayer)
- Get regular exercise during the day
- Get good daylight during the day
- Create a comfortable space to sleep in
- Turn off electronics before you sleep



[nativewellness.com](http://nativewellness.com)



### COUNSELLING:

Contact Denica or Jessica to be referred to a counsellor

LIST AVAILABLE ONLINE:  
[SPLATSIN.CA/UPLOADS/FILES/FNHA\\_COUNSELLORS.PDF](http://SPLATSIN.CA/UPLOADS/FILES/FNHA_COUNSELLORS.PDF)



Denica Bleau (250) 309-2936  
[denica\\_bleau@splatsin.ca](mailto:denica_bleau@splatsin.ca)

Jessica Kent (250) 309-2331  
[jessica\\_kent@splatsin.ca](mailto: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](https://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](mailto: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](http://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](mailto:denica_bleau@splatsin.ca)

Jessica Kent: (250)309-2331  
[jessica\\_kent@splatsin.ca](mailto: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/](https://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](http://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/](https://facebook.com/groups/563824651006605/)

**ART: Native Wellness Colouring Book**

Website:

[nativewellness.com/uploads/4/6/7/8/4678037/coloring\\_book\\_single\\_pages.pdf](https://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](http://www.surveymonkey.com/r/BTYLJ5S)

FOR MORE INFORMATION PLEASE CONTACT:

JESSICA KENT  
[JESSICA\\_KENT@SPLATSIN.CA](mailto:JESSICA_KENT@SPLATSIN.CA)  
250-309-2331

OR

DENICA BLEAU  
[DENICA\\_BLEAU@SPLATSIN.CA](mailto:DENICA_BLEAU@SPLATSIN.CA)  
250-309-2936



### MEDITATION VIDEOS:

Practice online to help relax and calm.

1) [traumahealingguru.com/meditationssessions/](http://traumahealingguru.com/meditationssessions/)

2) [calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720](https://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](http://WWW.YOUTHINBC.COM)  
(NOON TO 1AM)

**ONLINE CHAT SERVICE FOR ADULTS:**  
[WWW.CRISISCENTRECHAT.CA](http://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](http://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](mailto:DENICA_BLEAU@SPLATSIN.CA) / 250-309-2936

[JESSICA\\_KENT@SPLATSIN.CA](mailto:JESSICA_KENT@SPLATSIN.CA) / 250-309-2331