

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 26 | UP-TO-DATE INFORMATION AS OF SEPTEMBER 11TH, 2020



"We need to redouble our efforts to ensure our layers of protection are always part of our daily routines – for everyone in our family. This will allow us to push our curve down once again."

Dr. Bonnie Henry

If you or someone you know is isolated or in need of assistance, please email health@mnbc.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

MNBC will be updating our webpage as new information becomes available. Follow our COVID-19 page at www.mnbc.ca

Please also see the last page, with links to previous issues of our COVID-19 newsletter for more information on hand washing, physical distancing, and more.

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AMENDED PROVINCIAL HEALTH ORDERS FROM DR. BONNIE HENRY

We need to ensure our public health teams are able to take care of everyone in British Columbia in the weeks and months ahead.

As a result, the provincial health officer's order on bars, nightclubs and banquet halls has been amended. Effective today, all nightclubs and stand-alone banquet halls are ordered closed until further notice.

Liquor sales in all bars, pubs and restaurants must cease at 10 p.m. and they must close at 11 p.m., unless providing a full meal service, in which case they may stay open, but may not serve liquor until 11 a.m. the following day.

Music or other background sounds, such as from televisions in bars, lounges, pubs and restaurants, must be no louder than the volume of normal conversation.

Now is the time for all of us to go back to our smaller, safer social interactions, especially if our households are increasing our interactions in other ways.

FROM THE TUESDAY, SEPTEMBER 8TH JOINT STATEMENT ON BC'S COVID-19 RESPONSE

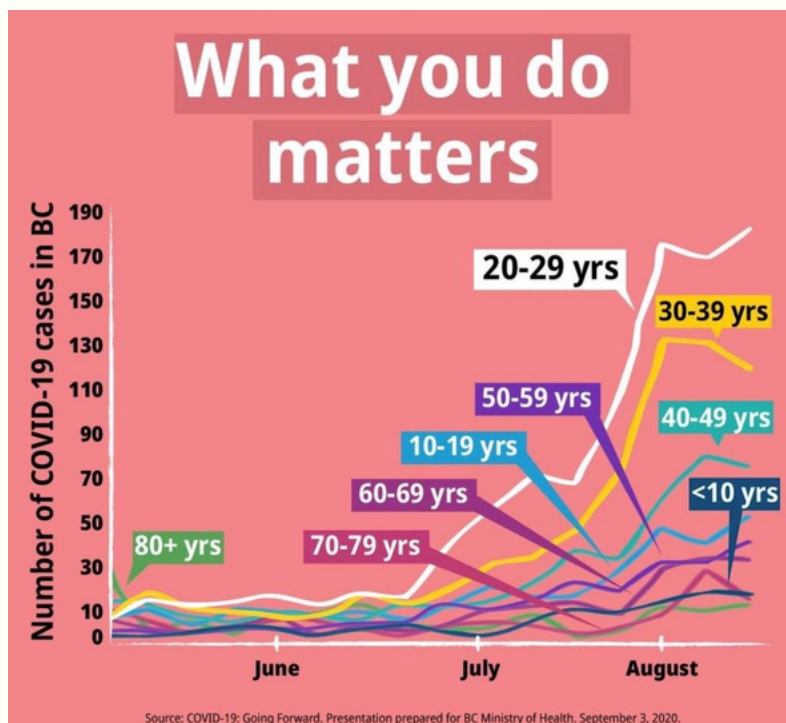
READ THE FULL RELEASE [HERE](#)

From the Government of British Columbia (Instagram post, view the original post [here](#)):

[Last week's] modelling data shows an increase in cases in all age groups, notably in 20-29 year-olds. We have been able to find our balance -- keeping essential services and businesses going, while protecting our most vulnerable. But new cases and clusters tell us there's more work to do. Every action you take continues to matter -- a lot. As we go back to work and school, we all need to keep doing our part to keep our loved ones safe. That means:

- if sick, stay home
- follow the rules meant to protect everybody
- keep groups small
- clean your hands often
- keep a safe distance
- be thoughtful about your bubble
- socialize safely

We have to keep working together to keep British Columbians safe -- today and everyday going forward.





BC GOVERNMENT ANNOUNCES FALL AND WINTER PREPAREDNESS PLAN

From the Government of British Columbia (read the press release [here](#) and the full plan [here](#)):

The Province is investing \$1.6 billion in a fall and winter preparedness plan that will significantly build upon and strengthen measures that respond to the health-care requirements of COVID-19.

The plan will provide new support to seniors in long-term care homes and assisted-living facilities, by ensuring more British Columbians than ever before can get a flu shot, and by reducing the chance for transmission of COVID-19 in B.C. hospitals.

From a public health perspective there will be three key areas of ongoing focus:

- Building out access to testing capacity for up to 20,000 tests per day for the mid-fall through winter when there is a higher prevalence of flu and colds in the community, and an increased need to quickly and accurately assess positive COVID-19 cases.
- Increased contact tracing and case management capacity by adding up to an additional 600 contact tracers over the early part of the fall.
- An enhanced fall flu immunization campaign, with close to two million doses available

"All of these initiatives support our ongoing efforts to keep British Columbians healthy and stop the spread," Premier Horgan said.

DID YOU KNOW?

Thursday, September 10th, marked a record high number of new confirmed COVID-19 cases (139) in British Columbia.

From CBC News (read the full article [here](#))

As the COVID-19 caseload continues to rise with no signs of the curve of infection flattening, Henry urged everyone to play it safe and stick to reliable sources like the B.C. Centre for Disease Control when it comes to information about the virus.

"Let's all make those right choices that will help keep cases low and continue to allow us to engage in important social and economic activities that we need," she said.

Health Minister Adrian Dix echoed that advice, saying that while everyone is tired of restrictions related to the pandemic, large gatherings need to stop.

He said the rule of thumb should be to "stick to six" — the same six people — for any get-together, especially when it's happening inside."

"Each one of us probably has a list of things we can't do that we'd like to do again. It's not forever even if it feels like it — it's for now," Dix said.

*Hey...
Indigenous
Youth!*

The **mental health effects of long-term physical distancing and social isolation due to the COVID19 virus can be serious**: loneliness is associated with depression and anxiety in all populations, and cognitive decline in older people.

Being socially connected, even virtually, can have important protective effects for our mental and physical health, including: reducing stress, increasing happiness, and giving us a sense of hope, meaning, belonging and purpose.

Consider committing to having **daily check-ins with someone you care about** to make sure you're both feeling okay and have the support you need to make it through this!

For extra help, caring helpers are always available at the KUU-US Crisis Line: 1-800-KUU-US17 and the Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444 (toll free)



**Who's your
PAN(demic)
PAL?**

So...**BUDDY UP!** Recruit your *Covid Companion!* Your *Quarantine Cuzzin!* Your *Elder Ally!* Whatever you want to call it, now is the time to make sure we're all in this together and no-one is left behind. ♥ *All My Relations* ♥

WAYS TO CHECK-IN:

1. Phone call
2. Text message
3. Video Chat
4. Chat online
5. Connect on social media
6. Write a letter
7. Send a card
8. Visit in person (outside if possible and always from a safe distance)



WHAT TO ASK:

1. How are you feeling?
2. Is there anything you need help with?
3. What was the best part of your day?
4. What was the hardest part of your day?
5. Did you do any self-care today?
6. Did you do something for anyone else today?
7. What have you learned from an Elder lately?

Share your story of safely maintaining social connections during the pandemic for a chance to win a prize!

shannon.laflamme@fraserhealth.ca

Coordinator, Aboriginal Youth Suicide Prevention & Mental Health Initiatives

#WSPD2020

World Suicide Prevention Day



MÉTIS NATION
BRITISH COLUMBIA

If you or someone you know is in crisis, please contact the Métis Crisis Line for support. This resource is available 24 hours a day, 7 days a week. Please call 1-833-METIS-BC (1-833-638-4722).

September 10th marks the annual World Suicide Prevention Day.

We know that the historical and ongoing nature of colonization impacts Métis mental health and well-being. The suicide rate among self-identifying Métis is approximately twice as high as the rate among non-Indigenous people. ([Stats Canada, 2019](#)). Today, and everyday, it is essential that we come together to promote understanding, raise awareness, and to remember those impacted by suicide and those who are no longer with us.

Language matters.

The language that we use to discuss suicide is important. Mental health concerns and suicide are often met with stigma and misunderstanding. When we work to change our language, we begin to shift how we understand suicide. Adopting language that is respectful can make these conversations safer and less-stigmatizing.

One way we can begin to change our language is to stop using the term “committed suicide”. Using this term can imply that suicide is a moral or criminal issue. Instead, a safer and less-stigmatizing way of saying this is to say “died by suicide”.

For more information on the importance of language, visit:

<https://www.canada.ca/en/public-health/services/publications/healthy-living/language-matters-safe-communication-suicide-prevention.html>



Connection has impact.

Suicide impacts us all. Open conversations with our loved ones - our children, parents, sisters, brothers, cousins, aunts, uncles, friends and Elders - is an important part of addressing the stigma that surrounds suicide and building connection.

The [Ta Saantii Deu/Neso](#) report (released in 2020) shows that 24% of Métis Youth had seriously considered suicide and 8% had attempted suicide. However, the report also shows that if Métis Youth had supportive adults and peers in their lives, and were engaged in their community, the risk was reduced. Fostering connection to our families, our friends, our Elders, and our Community can act as a protective factor and reduce the risk of suicide.

For everyone journeying through mental health concerns and recovery, for everyone supporting the journeys of others, and for everyone fighting for change – thank you. You make this world better.



Youth engagement is an important component for the prevention of negative mental health outcomes, including suicidal ideation.



What is Youth Engagement?

Youth Engagement is the meaningful participation and sustained involvement of a young person in an activity that has a focus outside themselves.

How does it impact suicidal ideation?

Research suggests that meaningful youth engagement acts as a buffer between well-being concerns and suicidal ideation.



The more meaningful the engagement, the less likely youth were to express suicidal thoughts & risk, despite struggling with depression or low self-esteem.



LGTQ2S+ INCLUSION IN THE CONTEXT OF SPORT

The Indigenous Sport, Physical Activity and Recreation Council (I-SPARC) and the You Can Play Project are pleased to present a free LGTQ2S+ Inclusion in the Context of Sport webinar.

To learn more and to register, visit:

<https://www.eventbrite.com/e/lgbtq2s-inclusion-in-the-context-of-sport-registration-118991923045>



LGBTQ2S+ INCLUSION IN THE CONTEXT OF SPORT

Support & Strategies

September 23 - 6:00 PM

FREE LIVE WEBINAR:
with You Can Play.

TELUS: FREE PHONES AND PLANS TO YOUTH WHO HAVE AGED OUT OF FOSTER CARE

From Telus (read the full article [here](#))

Leaving foster care isn't always easy. That's why we're giving free phones and plans to youth who have aged out of foster care through our TELUS Mobility for Good program. Through this program, we can help them achieve independence and stay connected to valuable resources.

For youth leaving foster care, their phone can be their lifeline, helping them build credit, search for somewhere to live, find education and job opportunities, and stay in touch with friends and vital support networks.

A collaboration between TELUS and Children's Aid Foundation of Canada (CAFC) and select Centre de Jeunesse Foundations, Mobility for Good(TM) helps kids across Canada achieve independence by providing them with a free phone and a \$0 plan, including 3 GB of data for two years.

To determine eligibility, visit:

<https://evs.telus.com/mobility-for-good>

CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #2

MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

The Métis Youth Mental Health and Wellness Initiative is seeking submissions for the second issue of Resilient Roots: Métis Mental Health and Wellness magazine! This magazine works to raise Métis voices and perspectives, and to engage in topics around mental health and wellness.

There are many ways to share your voice, and submitted content for the magazine can come in many different forms - including traditional magazine articles; photo blogs; informational pieces; stories of personal experience; poetry; short stories; art; etc.

We welcome anybody who is interested to submit content! You do not need to be a professional writer, photographer, artist, etc. This magazine is meant to showcase a diverse range of Métis perspectives, and we encourage anybody who is interested to share their voice.

Submitted content must be related to the area of mental health and wellness – however this is a broad range that can cover many topics. If you are unsure if your content or idea meets this guideline, please get in touch!

Community Members and Métis individuals are encouraged to submit content, ideas, or questions for the magazine to the Métis Youth Mental Health and Wellness Initiative Facilitator at jjones@mnbc.ca.

THE DEADLINE FOR SUBMISSIONS IS SEPTEMBER 30TH, 2020. SUBMITTED CONTENT MUST MEET SUBMISSION GUIDELINES (PLEASE SEE MAGAZINE CONTENT SUBMISSION GUIDELINES DOCUMENT).

TO LEARN MORE, PLEASE EMAIL JJONES@MNBC.CA





THANK YOU

To our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.

We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.





RECENT NEWSLETTER HIGHLIGHTS

Please note that these issues are up-to-date as of the dates they were originally published, and as such, some information may no longer be valid.

All past newsletter issues can be accessed on MNBC's COVID-19 website at:

<https://covid19.mnbc.ca/mnbc-covid-19-updates>

ISSUE 25. Back to school: orientation week. CBC article: where do you need to wear a mask in BC? COVID-19 and seasonal allergies. Métis Terry Fox virtual event. International Overdose Awareness Day. Overdose awareness: women's awareness.

ISSUE 24. New measures to enforce COVID-19 public safety. Back-to-school plans for all BC school districts now posted online. MNBC K-12 restart survey. COVID-19 and the overdose crisis - two states of emergency colliding. Overdose awareness: Elder awareness. MNBC skin cancer awareness campaign.

ISSUE 23. BC State of Emergency continued. Emergency support for vulnerable people during COVID-19 continues. Canada Emergency Response Benefit (CERB) extended. Helping children through a COVID-19 test. B.C.'s Back to School Plan. I-SPARC Online Healthy Living Leader Training. MNBC skin cancer awareness campaign.

ISSUE 22. Free webinar for parents. September 10th, 2020: return to school. Dr. Bonnie Henry's Good Times Guide. Statistics Canada Survey: Impacts of COVID-19 on Canadians - Experiences of Discrimination. Indian Residential School Resolution Health Support Program. I-SPARC's Return to Activity Guidelines. Canada-US Border Closure Extended. MNBC skin cancer awareness campaign.

ISSUE 21. Stay safe this summer. MNBC skin cancer awareness campaign. Mandatory mask use. Choose to Move! Health Canada hand sanitizer recall. Dr. Bonnie Henry's travel manners. Border closure extended to Aug 21st, 2020.

ISSUE 20. BC Day message. Masking protocol. Skin Awareness Campaign. Health Authorities website links for public exposures. Ministry of Education survey: Have your say-complete for your chance to win a laptop. Province's K-12 restart plan for schools