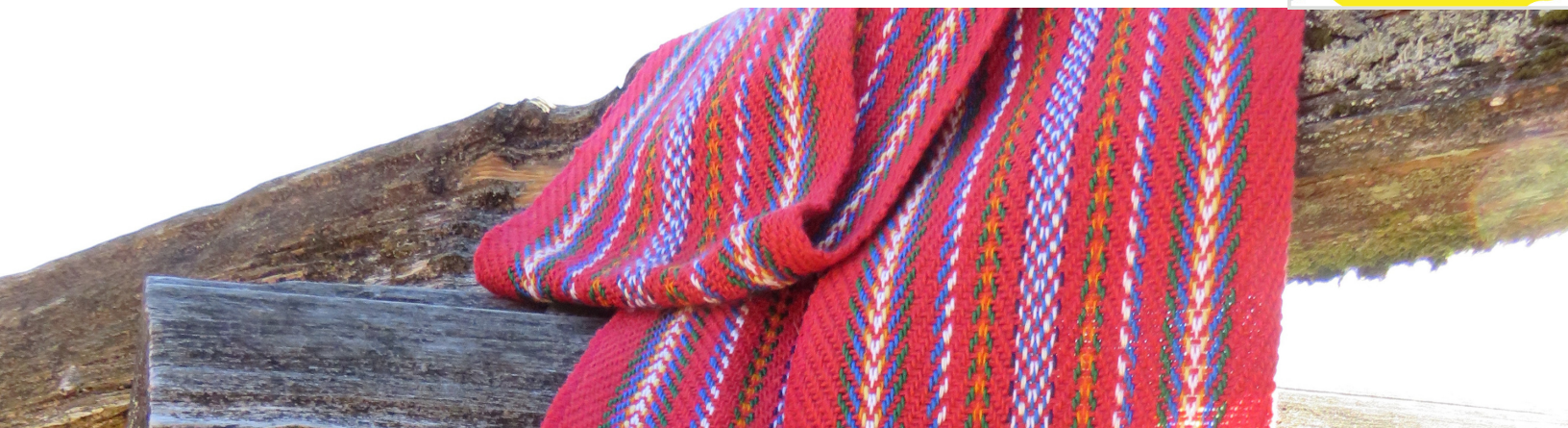


# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 42 | UP-TO-DATE INFORMATION AS OF JANUARY 15, 2021



**"Much thought and consideration have gone into our province's approach and delivery of COVID-19 vaccines.**

**This approach is founded on the scientific evidence available to us, in addition to our available supply, where the highest risks are in our community and who would be most severely impacted by the virus. "**

**- Dr. Bonnie Henry**

If you or someone you know is isolated or in need of assistance, please email [health@mnbc.ca](mailto: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](http://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.

## INSIDE ISSUE 42

**COVID-19 VACCINATION**

**MÉTIS YOUTH VAPING IN BC**

**RECRUITING VOLUNTEERS  
NOW!**

**THREE STEP MORNING PRAYER  
- ELDER MARIE BERCIER**



## Priority Population for December-February

- Approximately 150,000 individuals
- Residents & staff of Long Term Care (LTC), approx. 70,000 individuals
- Resident & staff of Assisted Living, approx. 13,000 individuals
- Individuals in hospital or community assessed and awaiting a long term care placement, approx. 2,000 individuals
- Essential visitors, is LTC & Assisted Living, approx. 8,000 individuals
- Health care workers providing hospital front line care in ICU's, medical/surgical units, Emergency Departments, paramedics, approx. 30,000 individuals
- Remote/isolated First Nation Communities, 25,000 individuals

## Priority Population for February-March

From February to March, the immunization program will expand:

- Community-based seniors, age 80 and above
- Indigenous (First Nations, Métis and Inuit) seniors, age 65 and above
- Indigenous Elders
- People experiencing homelessness and/or using shelters
- Provincial correctional facilities
- Adults in group homes or mental health residential care
- Long term home support recipients and staff
- Hospital staff, community GPs and medical specialists
- Other Indigenous communities not vaccinated in first priority group

[Click here to read more](#)

## COVID-19 Vaccination

"To date, 69,746 people have received a COVID-19 vaccine in British Columbia. Our focus is to ensure we safely deliver the vaccines as quickly as possible to communities across the province, using all available supply."

BC is currently in Stage 1 of administering the vaccination to those who are affected the most from the virus.

**Indigenous Elders 65+** are part of the second phase for February and March vaccinations. Most of the doses received were Pfizer. Learn more about the [Pfizer Vaccine](#) Learn more about the [Moderna Vaccine](#)

As we launch the vaccination provincially there may have been some questions from the community that our government has put together to provide us with a better understanding on the vaccinations.

[Click here to read on Frequently Asked Questions](#)

"Vaccines do more than protect the people getting vaccinated, they also protect everyone around them. The more people in a community who are vaccinated and protected from COVID-19, the harder it is for the virus to spread."

**Reminder: Provincial Health Officer (PHO) orders and guidelines remain in place for everyone, regardless if they have received the vaccine.**







## COVID-19 VACCINATIONS FOR MÉTIS SENIORS AND ELDERS

As the province and Regional Health Authorities move closer to community vaccination please provide the below. This will allow us to contact you or your loved one when the vaccine roll out occurs for Seniors and Elders.

Full Name  
Birth month and year  
City you reside in  
Home and/or Cell Phone Number  
E-mail

Please email or call MNBC's Ministry of Health to be added to our contact list for Seniors and Elders vaccination roll-out.

Email: [health@mNBC.ca](mailto:health@mNBC.ca)  
Phone: 1-800-940-1150

The Ministry of Health will reach out to all Seniors and Elders on this contact list once a roll-out plan has been finalized.





# Métis youth vaping in BC

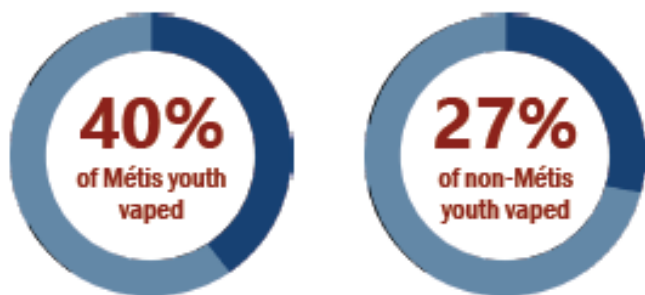
This poster uses data from McCreary Centre Society's 2018 BC Adolescent Health Survey (BC AHS). Among the 38,000 young people aged 12 to 19 who completed the 2018 BC AHS, 3% identified as Métis. Métis youth represented almost a third (32%) of Indigenous youth who completed the survey.

## Four in 10 Métis youth vaped in the past month.



This included 32% who vaped with nicotine and 28% who vaped without nicotine.

## Métis youth were more likely than non-Métis youth to have vaped in the past month.



Métis youth were more likely to have vaped than to have used marijuana or smoked tobacco in the past month.



Among Métis youth, there were no urban-rural differences in vaping.



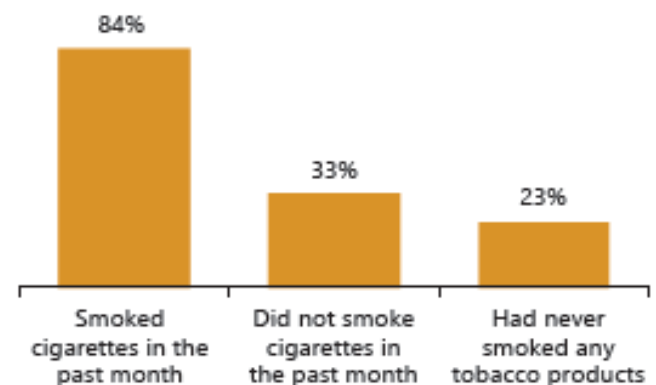
Non-binary youth were less likely than males and females to have vaped.



Older youth were more likely to vape than younger youth.

Youth who used other nicotine-related products were more likely to have vaped.

## Métis youth who vaped in the past month



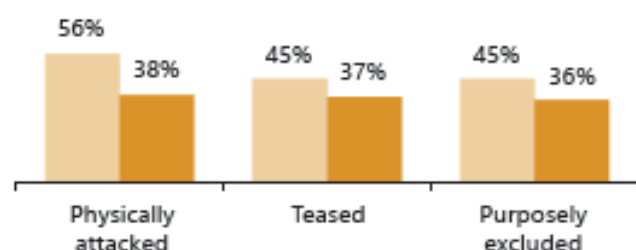


### Métis youth were more likely to vape if they had:

- ∞ Moved, been kicked out or run away from home in the past year.
- ∞ Experienced poverty and deprivation, including going to bed hungry.
- ∞ Skipped classes in the past month.
- ∞ Experienced mental health challenges.
- ∞ Experienced problems with substance use.
- ∞ Been bereaved.
- ∞ Experienced bullying and discrimination.

### Métis youth who vaped in the past month in relation to bullying

■ Experienced this at school or on the way to/from school in past year   ■ Did not experience this



### Resources

Resources for Métis youth:  
[www.mnbc.ca/mnbc-ministries/youth-ministry/](http://www.mnbc.ca/mnbc-ministries/youth-ministry/)

Resources for youth wanting to quit vaping:  
[bc.lung.ca/how-we-can-help/vaping](http://bc.lung.ca/how-we-can-help/vaping) and  
[teen.smokefree.gov/quit-vaping/how-to-quit-vaping](http://teen.smokefree.gov/quit-vaping/how-to-quit-vaping)

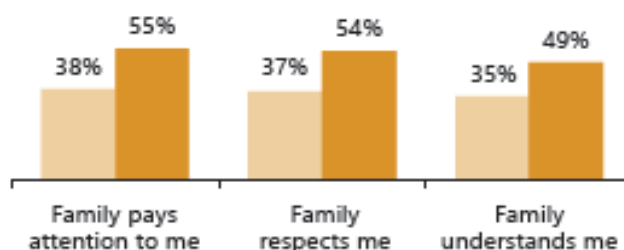
Learn more about Métis youth's responses to the 2018 BC AHS:  
[www.mcs.bc.ca/pdf/ta\\_saantii\\_deu\\_neso.pdf](http://www.mcs.bc.ca/pdf/ta_saantii_deu_neso.pdf)

### Métis youth were less likely to vape if they:

- ∞ Had friends with healthy attitudes to risk behaviours.
- ∞ Engaged in extracurricular arts or drama.
- ∞ Felt positively about their life.
- ∞ Slept for at least eight hours.
- ∞ Felt like a part of their community.
- ∞ Felt connected to the land/nature.
- ∞ Felt connected to their family.
- ∞ Felt connected to their school.

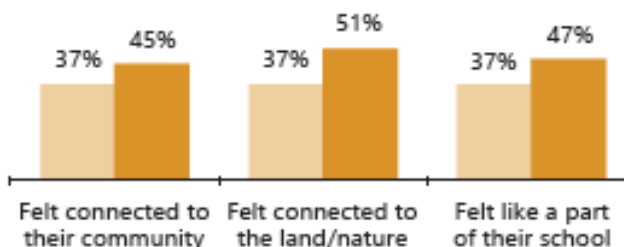
### Métis youth who vaped in the past month and family relationships

■ Quite a bit/very much   ■ Not at all/very little



### Métis youth who vaped in the past month and connectedness

■ Felt connected   ■ Did not feel connected



Icons made by Freepik and Fjstudio from flaticon.com

**RECRUITING NOW** ∞

# MÉTIS VOLUNTEERS TO DELIVER MENTAL HEALTH COURSE AS PILOT PROJECT



MNBC is working with the Canadian Mental Health Association (CMHA) to pilot a Métis-focused adaptation of CMHA's Living Life to the Full Program. Living Life to the Full is an eight-week, group-based program that teaches practical self-management skills using cognitive-behavioural therapy (CBT) principles.

As part of this pilot project, we are seeking five Métis individuals to receive online facilitator training and to virtually deliver the Living Life to the Full eight-week program to Métis participants across BC. You do not have to be a mental health professional to volunteer as a facilitator.

Volunteer facilitators will be required to participate in online facilitator training beginning on February 1st, which will include a blend of online modules and two Zoom meetings (to be held on February 11th and 17th at 5PM). Facilitators will then deliver eight-week courses of Living Life to the Full, with up to 15 Métis participants, beginning in March. Facilitators will receive an honorarium for delivering each course.

After delivering the Living Life to the Full program, facilitators will have the opportunity to share their learnings with MNBC and CMHA, to support our Métis adaptation of this course.

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**TO LEARN MORE, OR TO COMPLETE AN EXPRESSION OF  
INTEREST FORM, PLEASE EMAIL JILLIAN AT: [JJONES@MNBC.CA](mailto:JJONES@MNBC.CA)**



**MÉTIS NATION**  
BRITISH COLUMBIA

**LIVING LIFE  
TO THE FULL**  
resilience & connection in uncertainty



Canadian Mental  
Health Association  
British Columbia

Association canadienne  
pour la santé mentale  
Colombie-Britannique





## Three

### Step Morning Prayer - Elder Marie Bercier

*FIRST STEP: Plant my /Our feet firmly on the earth, Using all my/ Our Five senses , give thanks to our Creator/God for the countless ways The Spirit comes to us through Creation- For all the beauty your eyes see, for all the sounds your ears hear, for all the scents that you smell the tastes you taste every day. For all that you feel, the sun, wind, rain, snow , warm or cold.*

*Pray that this day you may be open and attuned to the countless ways that our Creator comes to us through our senses and through all the gifts of Creation*

*STEP TWO: Let go of all the pain, struggle, regret, failures, the garbage of yesterday- step out of it – leave it behind-brush the dust off and move ahead.*

*STEP THREE: With this third and final step, step into the gift of a new day , full of Hope , Promise and Potential.*

*Give thanks for the Gift of a New Day, which OUR CREATOR has made for me/ us /*

*AHO to All Our Relations*

*\*Use Sage or Sweetgrass when and when you can\**





# 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 41. Update: Province-wide restrictions extended until February 5th, 2021. COVID-19 Vaccinations for Métis Elders. MNBC's Ministry of Health is Publishing a book! KAA-WICHIHITOYAAHK- We Take Care of Each Other**

**ISSUE 40. Métis crisis line and holiday wellness. BC Recovery Benefit. First British Columbian vaccinated, vaccinations begin. Celebrating the holidays safely this year. Reminder: Province-wide restrictions in effect until January 8th, 2021.**

**ISSUE 39. BC Recovery Benefit: get ready to apply. Province-wide restrictions extended until January 8th, 2021. Coming soon: COVID-19 vaccine. BC's holiday guide. Last chance: La Vway community survey.**

**ISSUE 38. Reminder: province-wide restrictions in effect until at least December 7th. Update: provincial order on athletic activities, indoor adult sport now prohibited. Deadline extended: La Vway community survey.**

**ISSUE 37. Province-wide restrictions in effect until at least December 7th. Mask requirements in public indoor settings. Update: all group indoor physical activities suspended. Socialize safely. Canada Emergency Rent Subsidy (CERS) for Canadian businesses, non-profit organizations, or charities. New provincial survey on COVID-19. La Vway Community Survey. BC overdose crisis: October. Let's Talk Movember.**

