

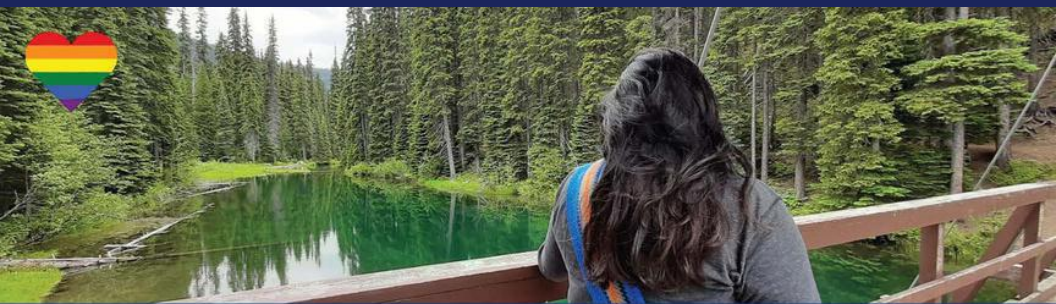


MÉTIS NATION BRITISH COLUMBIA

August 13, 2021

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MNBC AND NORTHERN HEALTH PRESENTS

PREVENTING COVID-19 IN OUR NORTHERN COMMUNITIES

Métis Nation BC is hosting a northern Town Hall in August to talk about the COVID-19 vaccine

Do **you**, your **family**, or **Community** have questions about the vaccine?
Things like:

What are the short term and long term side effects?

Will this effect my fertility?

How do i talk to my partner about my or their hesitations?

Please submit your questions by email to covid19@mnbc.ca

We will then choose a selection that we will address live with a panel of experts from MNBC and Northern Health.

www.mnbc.ca



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Truth and Reconciliation Day



The province says most schools and some workplaces in B.C. will be closed for a day in September to mark a new national holiday meant to commemorate the history of Canada's residential school system.

The new statutory holiday was announced by the federal government back in June, and this week, the provincial government explained how it would be observed on the West Coast. Sept. 30 will now be known as Truth and Reconciliation Day.

September 30th, a day to remember

The Ministry of Indigenous Relations and Reconciliation has advised employers in the provincial public sector to honour the day. As a result, many public services will remain open but may have reduced hours or fewer staff members working. Most schools and post-secondary institutions will be closed, as will some healthcare sector workplaces and Crown corporations.



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Fire and Evacuation Update

B.C. and Canadian government offers disaster funds for B.C. farmers and ranchers affected by wildfire.

The B.C. and federal governments are providing financial aid for farmers and ranchers who have suffered losses through wildfires, heat and droughts in 2021.

For more information, please click the link below.

[B.C. Wildfires update: Here's the latest on wildfire situation | Vancouver Sun](#)

Advice to minimize smoke related health effects:

- If you have a chronic condition, have rescue medication on hand at all times and a plan to follow if your rescue medication cannot bring your condition under control.
- Look for indoor environments that might be less smoky, such as shopping malls, community centres and libraries.
- Avoid physical exertion because the amount of smoke you breathe increases as your breathing rate increases.
- Keep hydrated as it helps your body deal with inflammation.

If you are feeling unwell, remember to call 8-1-1, a free-of-charge provincial health information and advice phone line available in British Columbia. As well, **if you or a loved one is experiencing a medical emergency, please call 9-1-1.**



Heatwave is expected to raise wildfire risk, create challenging conditions for crews.



For more information, Please visit:
[Current Wildfire Activity - Province of British Columbia \(gov.bc.ca\)](#)



MNBC Outreach

AUGUST 31st



**International Overdose
Awareness Day**

International Overdose Awareness Day is an opportunity to remember the thousands of people who have died by overdose, and to acknowledge the grief experienced by our communities, families, and friends who have lost loved ones.

On August 31st, MNBC's Harm Reduction Outreach team will be offering information and supplies at the following locations:

**9:30-11:30 AM 13401 108 Ave,
Surrey**

2:00-4:00 PM Vancouver's DTES



Have you heard about Lifeguard app?

MNBC has partnered with the Lifeguard App to create a Métis specific version- free on apple & android devices. This life-saving app is designed to combat the opioid epidemic. Over 90% of all overdoses occur when folks are alone- instead, try to use in a safe place with a trusted person nearby. Using Lifeguard App should always be your last option.

#END OVERDOSE

Invitation for Indigenous Elder Advisory Members

Community Living BC is seeking Indigenous Elders to help us improve how we serve adults with developmental disabilities, Autism Spectrum Disorder (ASD) or Fetal Alcohol Spectrum Disorder (FASD)

Guide

- Help to guide our provincial and regional work as we develop Indigenous Strategies.

Collaborate

- Support our Indigenous Advisory Committee (meet quarterly).

Innovate

- Support the service delivery and design work happening across CLBC regions for Indigenous people with diverse abilities.

Support

- Support individuals accessing services through the Provincial Assessment Center.

Participate

- Participate in our working groups to help us understand what's important to Indigenous people living with a diverse ability.



Contact: Pat Cormier Patrice.Cormier@gov.bc.ca 604-786-4396

Billie Metz Billie.Metz@gov.bc.ca 250-826-9211



As part of CLBC's work to strengthen relationships with Indigenous people we serve and their communities, CLBC is inviting Elders in B.C. to join a new Indigenous Elder Advisory Group.

Elders Advisory Members will:

- Help to guide our provincial and regional work as we develop Indigenous strategies.
- Support our Indigenous Advisory Committee.
- Support the service delivery and design work happening across CLBC regions for Indigenous people living with diverse abilities.
- Support individuals accessing services through the Provincial Assessment Centre.
- Participate in our working groups to help us understand what's important to Indigenous people living with diverse abilities.

CLBC supports British Columbia's commitment to Bill 41 - 2019: Declaration on the Rights of Indigenous Peoples Act, the 2018 Draft Principles to guide the B.C. Public Service on relationships with Indigenous Peoples and the Truth and Reconciliation Commission of Canada's Call to Action.

CLBC's new Indigenous team led by Joanne Mills, Executive Director of Indigenous Relations, is working to help advance the goals in CLBC's strategic plan and the 2020/21-2022/23 Service plan to build trusting relationships with Indigenous communities by improving awareness of CLBC staff understanding about Indigenous people's history and culture. Indigenous Elder Advisors will provide valuable contributions to this work.

Elders interested in the opportunity can contact Pat Cormier at **Patrice.Comier@gov.bc.ca** or call **(604)-786-4396**. You can also contact **Billie.Metz@gov.bc.ca** or **(250)-826-9211**



MÉTIS COUNSELLING CONNECTION



Métis people are welcomed to apply to our Métis Counselling Connection program for 10 counselling sessions with counsellors, psychologists or psychiatrists registered through:

BC Psychological Association | College of Psychologists of British Columbia

Physician referral to see a Psychiatrist through the College of Physicians and Surgeons

BC Association of Clinical Counsellors (BCACC)

Canadian Counselling and Psychotherapy Association (CCPA)

British Columbia Association for Marriage and Family Therapy (BCAMFT)

Applicants will be prompted to respond to a declaration of need, and then on approval will receive an emailed letter generated from the MNBC's COVID-19 Program Portal website for the mental health clinician of their choice.

MNBC will work with your clinician to arrange for direct billing so applicants won't be out of pocket

To apply to the program,
login and apply through
MNBC's COVID-19
Program Portal
or contact
mentalhealth@mnbc.ca
at www.mnbc.ca



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COVID-19 Update

In the last five weeks, B.C. has seen a 1,000 per cent increase in cases. The Interior Health region currently accounts for about half of the new daily cases of COVID-19 in the province, but the numbers are rising in the rest of the province too.

Most patients are people between the ages of 20 and 40 who aren't vaccinated or who have only had one shot. Officials say more than 80 per cent of eligible British Columbians have received a first dose of COVID-19 vaccine. More than 70 per cent are fully vaccinated.

Daily Case Count:

B.C. is reporting another 513 new cases of COVID-19 in the province, with more than half of those in the Interior.

This brings the total cases to 154,362 since the beginning of the pandemic.

Of the new cases,

271 were in Interior Health

108 in Fraser Health

92 in Vancouver Coastal Health

13 in Northern Health

29 in Island Health

No new cases of people who reside outside of Canada.

There has also been one death, bringing the provincial total to 1,779.

Nine more people have been admitted to the hospital since Wednesday, bringing the total now to 81.

In an effort to curb further virus spread, the province has reduced the amount of time between first and second vaccine doses for B.C. residents.

Henry announced Monday that people will be invited to get their second dose 28 days after their first dose, instead of the previous wait time of 49 days.

British Columbians 12 and over who have not yet been immunized can register in three ways:

Online through the Get Vaccinated portal.

By calling 1-833-838-2323. Translators are available in 140 languages.

In person at any Service B.C. location.

People can also be immunized at walk-in clinics throughout the province.



COVID-19

Child and Youth Mental Health Problems have Doubled During COVID-19



Not only did youth mental health difficulties increase during COVID-19, but they became more prevalent as the pandemic persisted.

Sounding the alarm to a youth mental health crisis

According to the University of Calgary, the percentage of children and adolescents experiencing depression and anxiety symptoms has doubled during the coronavirus pandemic. Estimates show that one in four youth globally are experiencing clinically elevated depression symptoms while one in five has clinically elevated anxiety symptoms. It also showed that older adolescents and girls were experiencing the highest levels of depression and anxiety.

Pediatric hospitals have reported a 100-per-cent increase

Many pediatric hospitals have reported a 100-per-cent increase in admissions for mental health problems, upwards of a 200-per-cent increase in admissions for substance use and suicide attempts, and report that 70 per cent of children and youth have indicated that the pandemic has affected their mental health.

please visit the link below for free child & youth mental health clinics

[Child & Youth Mental Health Intake Clinics - Province of British Columbia \(gov.bc.ca\)](https://www.healthlinkbc.ca/health-topics/ty6090)

Resources for Youth

Suicide crisis: (1-800-784-2433)

Mental health issue: 310-6789 (24 hours)

[Youth in BC](#)

[Youthspace.ca](https://youthspace.ca)

Kids help phone: 1-800-668-6868

<https://kidshelpphone.ca/>

Information for the Parent or Caregiver

<https://www.healthlinkbc.ca/health-topics/ty6090>



CELEBRATE WITH US

V A L E N T I N E S

O N D E L M O N T

F E B 1 4 2 0 1 9

N O O N - 1 0 P M

AUTOMATIC STEREO | FADING FLAMINGO | SOYU
STINGRAY | WANDER | KEVIN BLAKE | XOXO

TO SIGN UP , CONTACT NAS OXFORD AT NASOXFORD@MAIL.COM