

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 74 | UP-TO-DATE INFORMATION AS OF SEPTEMBER 3, 2021



**"We need to continue doing the things that protect us, including wearing masks in indoor, public areas, practicing hand hygiene regularly, staying away if we are sick and keeping a respectful distance from people. And most important of all, every person should get vaccinated to protect themselves, their loved ones and their community."**

- Dr. Bonnie Henry

[Click here to find a drop-in vaccine clinic in your community.](#)

If you or someone you know is isolated or in need of assistance, please email [health@mnbca.ca](mailto:health@mnbca.ca). MNBC's Ministry of Health team will help connect you to available Community supports.

**MÉTIS CRISIS LINE 1-833-MÉTIS-BC**

(1-833-638-4722)



24 hour access to Crisis Programs

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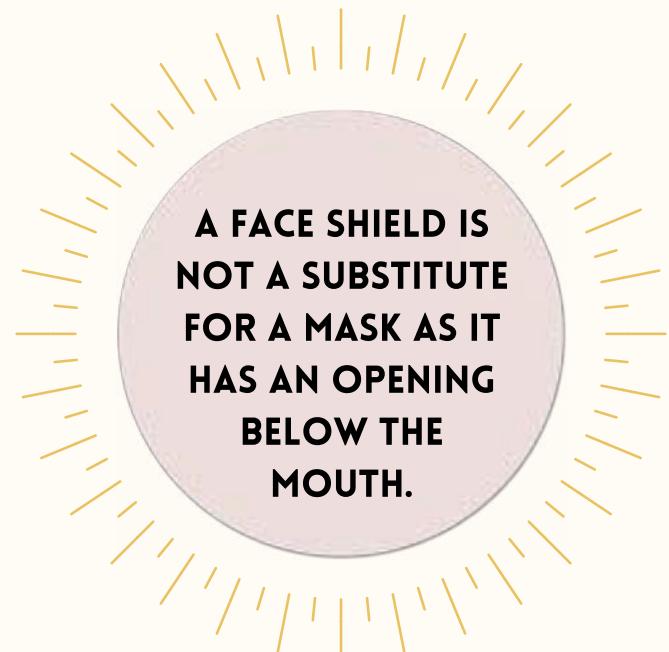
*Please note: This newsletter will now be released bi-weekly.*

# PHO ORDERS



**Masks are required in all public indoor settings for all people born in 2009 or earlier (12+). This includes:**

- Malls, shopping centres, coffee shops and retail and grocery stores;
- Liquor and drug stores;
- Airports, city halls, libraries, community and recreation centres;
- Restaurants, pubs and bars (unless seated);
- On public transportation, in a taxi or ride-sharing vehicle;
- Areas of office buildings where services to the public are provided;
- Common areas of sport and fitness centres when not engaged in physical activity;
- Common areas of post-secondary institutions and non-profit organizations; and
- Inside schools for all K-12 staff, visitors and students in grades 4-12.



**Only the following people are exempt:**

- People with health conditions or physical, cognitive, or mental impairments who cannot wear one.
- People who cannot remove a mask on their own.
- Children under the age of 12.
- People who need to remove their masks to communicate due to another person's hearing impairment.

# New Restrictions for Northern Health

**Effective at 12:01 AM Tuesday September 7, 2021:**

## New NH orders:

- Personal gatherings in your home – one additional family or 5 guests
- Personal gatherings outside your home – maximum 50 people
- Indoor events – have a safety plan (organizer should have a safety plan, but is not required to submit for approval)
- Outside events – when more than 200 people, then have safety plan
- Sporting events with spectators, indoor & outdoor – have safety plan

Rates are still rising particularly in the areas of Nchako, Fort. St James, Vanderhoof and Prince George.

*"We are seeing a surge of cases throughout the Northern Health region. We continue to strongly encourage all people age 12 and up to get immunized which is their best source of protection."*

- Northern Health president and CEO, Cathy Ulrich

See here for Northern Health Clinics

# B.C. VACCINE CARD



**Get ready for September 13!**

## KEY VACCINATION DATES

Starting [September 13](#), you must have at least one dose. By [October 24](#), you must be fully vaccinated which means that you should get your 2nd dose on [October 17](#) the latest.

Proof of vaccination will be required to access some events, services and businesses.

Check your immunization records first on Health Gateway! More information below.

[READ MORE](#)



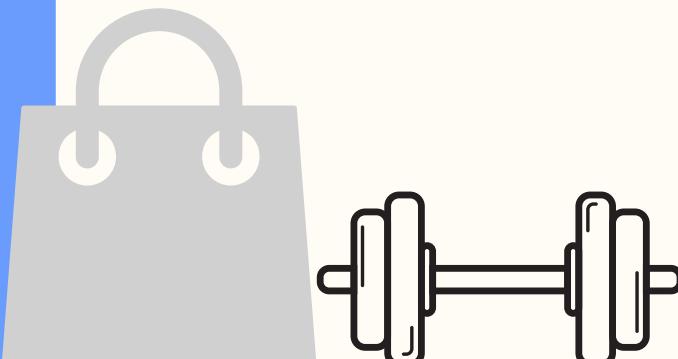
# B.C. VACCINE CARD



**If you are  
thinking  
of going  
to these  
places ...**

**GET VACCINATED  
AND REGISTER  
FOR YOUR BC  
VACCINE CARD  
ONCE IT'S  
LAUNCHED!**

- Indoor ticketed concerts, theatre, dance, symphony, and sporting events
- Indoor and outdoor dining at restaurants, pubs, and bars
- Nightclubs and casinos
- Movie theatres
- Gyms, pools, and recreation facilities (Does not include youth recreational sport)
- Indoor high-intensity group exercise
- Indoor organized gatherings like weddings, parties, conferences, meetings, and workshops
- Indoor organized group recreational classes and activities like pottery and art (Does not include K to 12 schools and before and after school programs)
- Post-secondary on-campus student housing. Note: Students must be partially vaccinated by September 7



# FAQ

**The secure B.C. vaccine card website will be available for September 13 and will provide confidential access to your proof of vaccination.**

**You'll be able to save your BC vaccine card to your smartphone and show it when accessing events, services and businesses. A secure paper option will also be available for September 13.**

**1**

**What can I prepare before September 13?**

**Go on Health Gateway to review and confirm your immunization records are correct.**

**To update any errors you see, call: 1-833-838-2323.**

**What is Health Gateway?**

**Health Gateway provides British Columbians with secure access to a single view of their health information. It is accessible by anyone 12 and older with a BC Services Card set up on a mobile device.**

**2**

**You can access your COVID-19 test results, health records, and immunization records on Health Gateway.**

**Please click [here](#) for more instructions on Health Gateway registration.**

# MÉTIS ELDERS ASSISTANCE PILOT PROGRAM



Métis Nation British Columbia (MNBC) is launching an Elders assistance pilot program (EAPP) aimed at helping low-income Elders/Seniors purchase essential health-related necessities that are not covered by BC Medical Services Plan (MSP). The funds can be used by Elders/Seniors for the purchase of items such as hearing aids, dentures, walkers, glasses, and more. MNBC will work directly with service providers to avoid out-of-pocket expenses for our Elder/Seniors and their families.

**Eligible Métis Elders/Seniors may qualify for up to \$2500 if single, widowed, or divorced and up to \$4000 if married or common-law.**

## ELIGIBILITY CRITERIA:

- **65 years of age or older**
- **A registered Métis citizen with MNBC or have submitted a citizenship application.**  
*Spouse or partner does NOT need to be Métis.*
- **Receiving Old Age Security (OAS) pension AND Guaranteed Income Supplement (GIS).**  
*If you are not receiving this yet, visit [www.canada.ca/gis](http://www.canada.ca/gis) to fill out your application.*

## REQUIREMENTS:

A completed application, proof of income, and a copy of a referral, quote, or invoice from the service provider/doctor to confirm the health-related equipment or service needed.

*Funds are limited. MNBC may issue a tax slip to approved applicants.*

**EAPP applications are available on our website or by mail. Contact us to request a mailed copy.**

**Elders Wellness Program Coordinator:**  
**604-557-5851 EXT 8226 | [elders@mncbc.ca](mailto:elders@mncbc.ca)**  
Visit [www.mnbc.ca/elders](http://www.mnbc.ca/elders) for application



**MÉTIS NATION**  
BRITISH COLUMBIA

# Smoking Cessation



**WANT TO STOP  
SMOKING OR VAPING?  
WANT TO HELP A  
LOVED ONE QUIT?**

The path to freedom from smoking or vaping can be a difficult journey.

MNBC smoking/vaping reduction program is here to help support you every step of the way.

**ONE-ON-ONE  
COUNSELLING**

**WRITTEN  
RESOURCES**

**CARBON MONOXIDE  
MONITORS**

**FINANCIAL  
ASSISTANCE**

**MONTHLY  
DRAWS**

**A HEALTHY NATION IS A STRONG NATION. WE ARE HERE TO HELP.**



**MÉTIS NATION  
BRITISH COLUMBIA**

Tobacco/Vaping Reduction Counselling:  
Lloyd Main RRT, Provincial Tobacco Cessation Specialist  
Phone: 250-241-4589 Email: [lmain@mnbc.ca](mailto:lmain@mnbc.ca)

# Métis Counselling Connection



**All Métis people in BC are welcome to apply to the Métis Counselling Connect program. This program provides funding for 10 counselling sessions with a Counsellor, Psychologist, or Psychiatrist of your choice.**

*Clinician providing counselling sessions must be registered through:*

- *BC Psychological Association | College of Psychologists of BC*
- *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*

Applicants will be prompted to respond to a declaration of need. On approval, applicants will receive an emailed letter (generated from the MNBC's COVID-19 Program Portal website) to be provided to the clinician of your choice. MNBC will work with your clinician to arrange for direct billing so applicants won't pay out of pocket. Applicants may be placed on a waitlist as space is limited. MNBC will contact those on the waitlist when the applicant has been approved.

**To apply to the program,  
login to MNBC's COVID-19  
Program Portal at:  
[www.mnbc.ca/portal/login](http://www.mnbc.ca/portal/login)**



**MÉTIS NATION  
BRITISH COLUMBIA**



## International Overdose Awareness Day

International Overdose Awareness Day (August 31st) is a time to acknowledge the grief felt as we remember the lives that have been lost to an illicit toxic drug supply.

In honor of this day, MNBC's Ministry of Health team took action by performing tailgate outreach, giving out harm reduction supplies and goodies in Surrey and Vancouver.



Let's move away from punishing and stigmatizing people who use drugs, and instead move towards a safer supply and improving the recovery system.

### Tips for safer drug use

- Explore safe consumption sites in your area.
- If using alone, let someone know and ask them to check on you. Download the [Lifeguard](#) or [BeSafe](#) mobile apps, or if you do not have cell phone data call the National Overdose Response Service: **1-888-688-6677**
- Get your drugs checked: [drugchecking.ca](#) provides a list of locations across BC or search your local health authority website.
- Remember mixing substances increases the risk of overdose – this includes alcohol and prescriptions.
- Stagger use with a friend so someone is able to respond if needed.
- Carry Naloxone. To learn how to give Naloxone or find out where you can pick up a free kit near you, visit: [towardtheheart.com/naloxone](#)
- Start low and go slow - take a small amount, wait and see how it feels before increasing your dose.



### What is Naloxone?

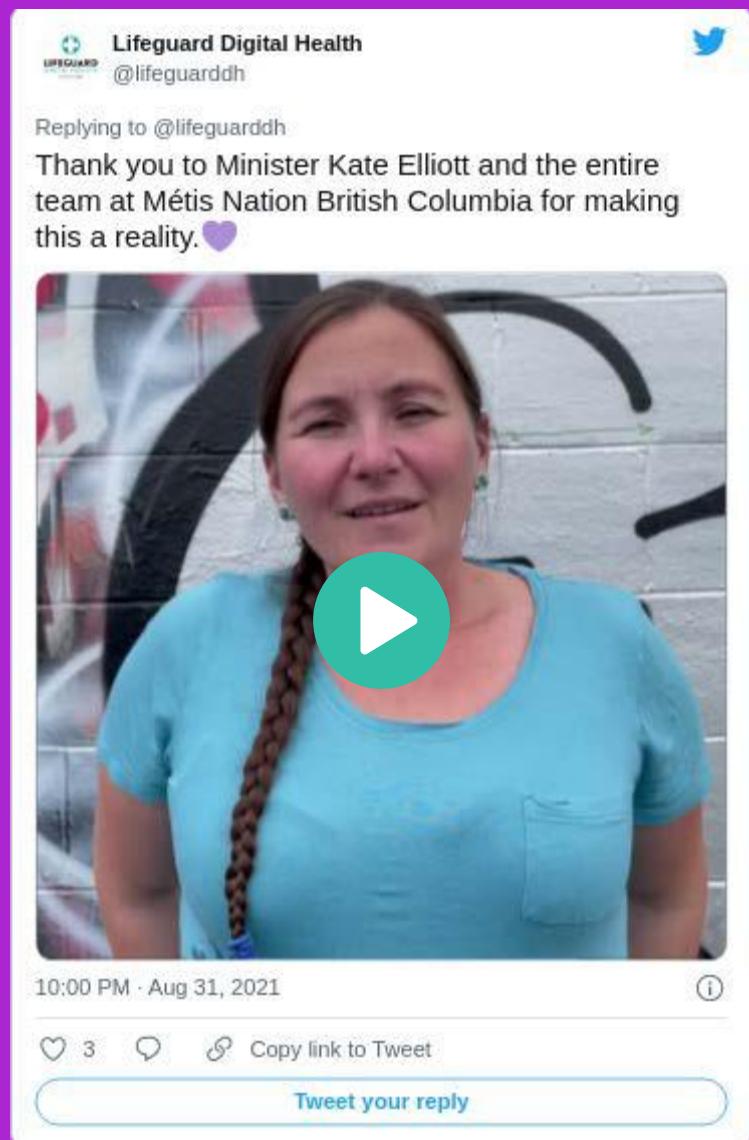
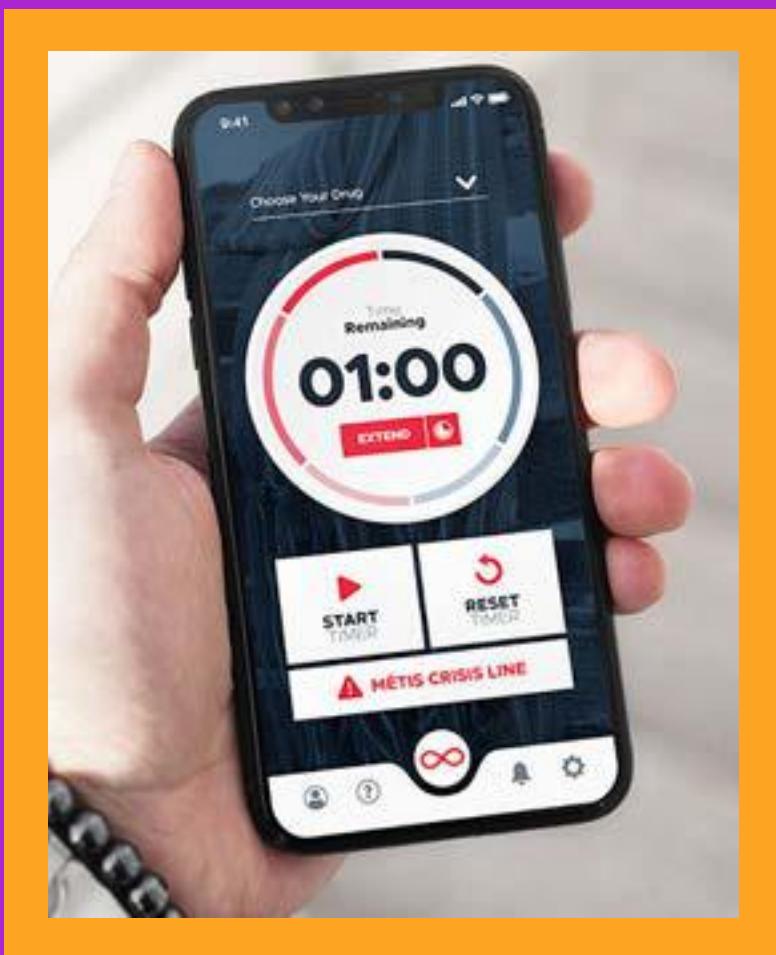
Naloxone is a medication that quickly reverses the effects of an overdose from opioids such as heroin, methadone, fentanyl, and morphine. It can be given by injection into a muscle or with a nasal spray. It is available for free and without a prescription in BC: [towardtheheart.com/naloxone](#)

**Contact MNBC's Harm Reduction Coordinator, Terri Gillis: [tgillis@mnbca.ca](mailto:tgillis@mnbca.ca) 604-816-2421 if you are in need of harm reduction supplies/Naloxone, or for more information.**

# Have you heard of the Lifeguard app?



MNBC has partnered with the Lifeguard App to create a special version for Métis communities – free on apple & android devices. This life-saving app is designed to automatically contact emergency responders if a user becomes unconscious or unable to function in the event of an overdose. 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.



Click to see MNBC's Minister of Mental Health & Addictions, Dr. Kate Elliot speak about the app



# #WSPD2021

## WORLD SUICIDE PREVENTION DAY



September 10th marks World Suicide Prevention Day. 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.

The Ta Saantii Deu/Neso report shows that having supportive connections and engaging in community can reduce the risk of suicide and promote greater wellness. Fostering connection can act as a protective factor in promoting life.

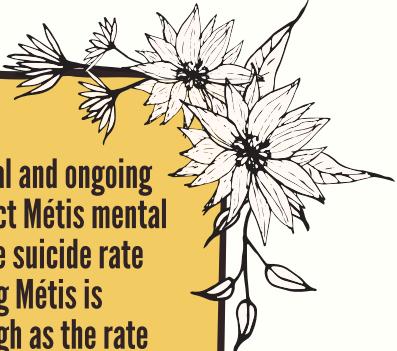
**AYIWAYPI (rest).** Resilience requires rest. As Métis, we are rooted in resilience. To take the time to rest, to take care of ourselves, and to foster wellness is an incredible act of resilience.

**Métis Crisis Line:** This resource is available 24 hours a day, 7 days a week. Please call 1-833-METIS-BC (1-833-638-4722).

**Métis Counselling Connection:** To apply for the program, citizens or self-identified Métis people are asked to login to MNBC's website's COVID-19 Program Portal at:

<https://www.mnbc.ca/portal/register/>

We know that the historical and ongoing nature of colonization impact 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).



**SHAKAMOHTA (connection).** Connection to culture. Connection to community. Connection to land. Connection to wellness. Connection to self. Connection promotes life, and we know that connection makes a difference.

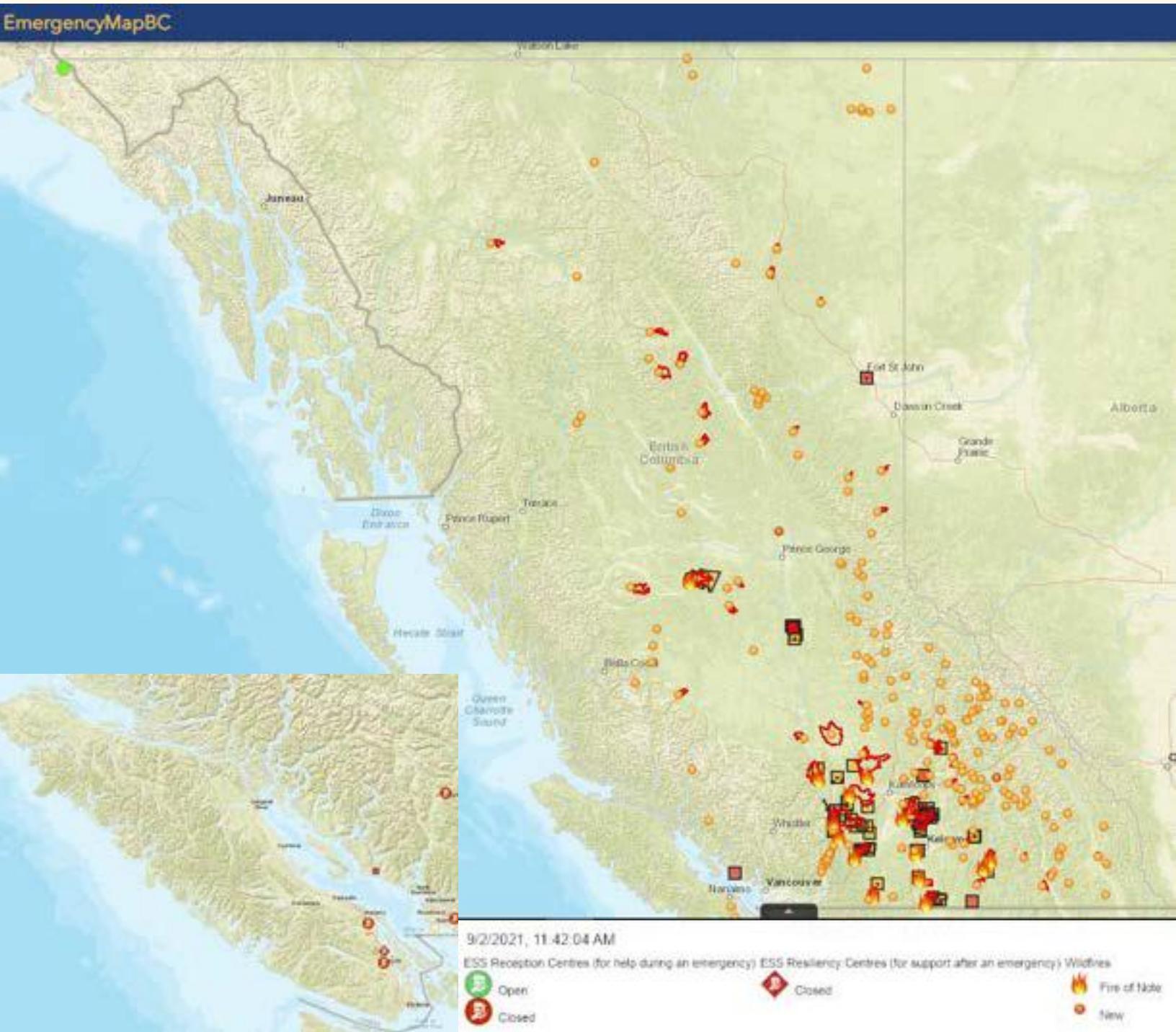
Our roots in resilience and our connection to community can help us work together to build the factors that promote wellness.

**KAA-WIICHITOYAAHK (we take care of each other).** Suicide impacts us all. Open conversations with our loved ones - our children, parents, sisters, brothers, cousins, aunts, uncles, friends, and Elders - are an important part of addressing the stigma that surrounds suicide, and in building connection.



# BC Wildfire Update

**Map as of 11:42AM September 2nd, 2021**



**For real-time updates, visit the [EmergencyMapBC](#)**

# BC Wildfire Update

If you have been evacuated from your community due to wildfires, you should register with Emergency Support Services (ESS) whether you need the support or not. This will help ensure that your loved ones and communities know where you are and that you're safe.

## Available Supports:

- Emergency Support Services (ESS) reception centres. See list [here](#), or call 1-800-585-9559.
- Psychosocial wellness support for evacuees, call 1-888-686-3022.
- One-time financial support for evacuees, please click [here](#).
- For additional supports for evacuees please click [here](#).

*"Our wildfire crews still have significant work ahead of them to bring existing wildfires under control as they work to keep British Columbians safe. Let's not add human-caused fires to their workload during this long and challenging fire season."*

- Katrine Conroy, Minister of Forests, Lands, Natural Resource Operations and Rural Development

**REMAIN ALERT FOR FIRES,  
ESPECIALLY DURING  
LABOR DAY WEEKEND.**

**For real-time updates on evacuation alerts and orders, visit:  
<https://twitter.com/EmergencyInfoBC>**

**For the latest wildfire information, visit: [www.bcwildfire.ca](http://www.bcwildfire.ca)**

# BCCDC COVID-19 Update

26 August 2021

- **Cases in ALL Health Authorities are rising, with the highest rates in Interior and Northern Health**
- **New hospitalizations and hospital/critical care numbers are also increasing**
- **Case counts are highest among 19-39 year olds**
- **Most of the recent cases and hospitalizations continue to be among unvaccinated individuals**

Compared to fully vaccinated individuals, unvaccinated individuals are:

**12X**  
more likely  
to become  
infected

**34X**  
more likely  
to be  
hospitalized

**8X**  
more likely to  
die from  
Covid-19

[Based on Aug 12-17 data]

[http://www.bccdc.ca/Health-Info-Site/Documents/COVID\\_sitrep/2021-08-26\\_Data\\_Summary.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID_sitrep/2021-08-26_Data_Summary.pdf)