

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 78 | UP-TO-DATE INFORMATION AS OF OCTOBER 29, 2021



“Throughout this pandemic all of us have been taking steps to keep our community safe and this fall there's another step everyone can take to stay healthy, protect our healthcare system, support healthcare workers, support one another. And that step is to book an appointment to get an influenza vaccine. I'm happy to share that every person over 6 months of age has the option to get a flu vaccine free of charge.”

– Min. Adrienne Dix

Click here to find a walk-in vaccine clinic in your community

Use this COVID-19 Self-Assessment Tool if feeling unwell

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.

MÉTIS 24HR CRISIS LINE
1-833-MÉTIS-BC
(1-833-638-4722)

INSIDE ISSUE 78

UPDATES & INFORMATION

- 2 PHO Orders & Information
- 4 Influenza Vaccine & Prevention
- 6 BCCDC Data Summary
- 7 Northern Restrictions
- 8 COVID-19 Vaccine Clinics
- 9 Halloween COVID Safety Tips
- 10 Cannabis Research Part I

PROGRAMS & EVENTS

- 12 Anti-Racism Data Legislation
- 13 Supportive Care Dialogues
- 14 Vision for Health Engagement
- 15 Métis Youth Living Life to the Full
- 16 Smoking/Vaping Cessation
- 17 JigFit & Powow Impact ISPARC
- 18 Job Opportunities
- 19 Thank you Healthcare Workers

OPHO UPDATES

Oct. 19, 2021

Capacity Restrictions Lifted for all events

Effective October 25th, one day after full vaccination requirement, concerts, theaters, movie theaters, dance and symphony, sport events, weddings, parties and funerals will be allowed full capacity.

In addition, the requirement to remain seated at a table in restaurants and pubs will be lifted. Indoor mask requirements remain in effect for all indoor gatherings and events.

Capacity limits remain in effect where regional orders are in place, including Fraser East and parts of Northern and Interior Health regions.

Post-infection Immunity

It is still recommended that you receive a **full dose/series of the vaccines** that are approved for use here in Canada even if you've already been infected with COVID-19.

Research shows that the protection after an infection varies depending on the type of infection you had and depending on the strength of your own immune system.

Vaccine Updates

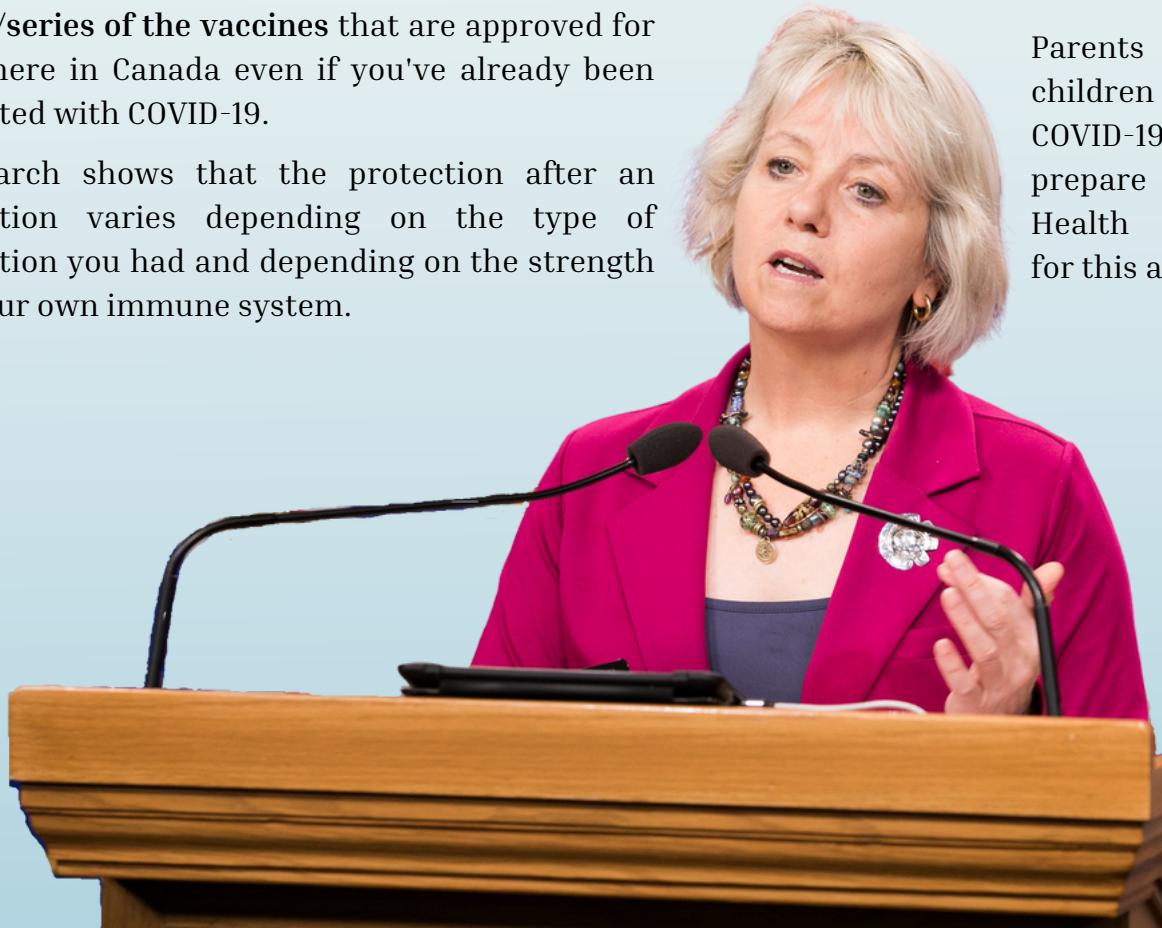
The Province is monitoring outbreaks in long term care facilities since the roll out of booster doses. These outbreaks again reflect the community rates of transmission.

The US is accepting mixed doses from Canada. All of the available vaccines approved for use here in Canada are safe and highly effective, no matter what combination you have received.

COVID-19 cases for children and youth declining

Most child-age infections and school clusters are in communities with high rates of transmission. Please get vaccinated to protect your kids.

Pfizer submitted the complete package to Health Canada for approval in younger children.



Parents can now register children ages 5 to 11 for a COVID-19 vaccine to prepare for when they're Health Canada approved for this age group.

[Register here](#)

OPHO UPDATES

Oct. 26, 2021

Booster Doses Roll-out

Everyone in B.C. is eligible for a booster dose 6-8 months after their 2nd dose. This booster dose will depend on risk and the time it has been since your 2nd dose. Currently, the highest risk populations will be invited to book their booster first. The boosters will be one of the mRNA vaccines.

Indigenous Peoples 12+, will soon be invited to book their booster.

The Province is watching out for:

- Variants and transmission rates
- Intervals between dose 1 and dose 2
- Outbreaks and break-through cases in BC
- What's happening in other jurisdictions
- Case rates and hospitalizations

to help inform booster shot recommendations.

Please refer to the timeline below. For more information please visit [here](#).

New National Guideline

Read more about recommendations on the use of COVID-19 vaccines from Canada's National Advisory Committee on Immunization (NACI) here: [Summary](#), [Full statement](#).

How to get your Booster?

Be registered in the Get Vaccinated system (see [here](#)), and you will be notified when it's your turn and be able to book your appointment directly.

The Provincial call centre, 1-833-838-2323 will continue to be available for those who can't access online booking.

There will be no drop-ins for dose 3 or boosters.

COVID-19 Immunization Plan – Next steps

September – December 2021

January* – May 2022

Boosters &
Dose 3

- ✓ Clinically extremely vulnerable (immunosuppressed) – Dose 3
- ✓ Rural and remote Indigenous communities
- ✓ Residents in long-term care and assisted living

Seniors (starting 70+) and Indigenous Peoples (12+)

- Long-term home support clients and seniors in independent living
- Health care workers - short interval of Dose 1/Dose 2

- Clinically extremely vulnerable (non-immunosuppressed)
- Health care workers in acute care and long-term care, assisted living
- Health care workers in the community
- All remaining eligible people (12+) between 6 to 8 months

Outbreak management and outreach to vulnerable and congregate settings

Kids 5
to 11

Dose 1 for
children aged
5 to 11.

PENDING HEALTH CANADA APPROVAL

Parents can register their kid(s) in the Get Vaccinated system now to get ready. Once approved by Health Canada, kids can get vaccinated at clinics.

Dose
1 & 2

Dose 1 and dose 2 for
people who haven't yet
been vaccinated

People can register in the Get Vaccinated system to book an appointment for their first or second dose and get vaccinated at clinics

COVID-19 IN BC

ROLL UP YOUR SLEEVES!



**THIS YEAR IN B.C.,
INFLUENZA VACCINE IS FREE
FOR EVERYONE SIX MONTHS
AND OLDER.**

VACCINATION is especially important for people who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly, and people with certain medical conditions) and those able to transmit or spread influenza to those at high risk.

Where to get an influenza vaccine?

- Public health units
- Pharmacies
- Doctors' offices
- Travel clinics

Check the Influenza (flu) clinic locator [here](#).

INFLUENZA

PREVENTION IN ADULTS

Influenza ("flu") is a highly contagious respiratory infection

INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

IT CAN BE SERIOUS FOR SOME ADULTS

At greatest risk of influenza-related complications are adults:



65 years and older



who are pregnant



with a chronic illness



who are Indigenous



residing in nursing homes and other chronic-care facilities

THE NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION (NACI) RECOMMENDS INFLUENZA IMMUNIZATION FOR ADULTS:

- ① 65 years of age and older
- ② at high risk of influenza-related complications or hospitalization, including: heart or lung illness (e.g., asthma), diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions and morbid obesity
- ③ residing in nursing homes and other chronic-care facilities
- ④ who are pregnant
- ⑤ who are Indigenous
- ⑥ who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people who provide essential community services



New strains of influenza appear every year.

Annual immunization is an effective way to prevent influenza and its complications.



Talk to your doctor, nurse, pharmacist or local public health office about getting immunized against influenza.

Added Restrictions for Northern Health

Effective at midnight October 14 , 2021

Applies to all areas except: Terrace, Kitimat, Haida Gwaii, Prince Rupert, Stikine, Telegraph Creek, Snow Country and Nisga'a



Personal gatherings, both indoor and outdoor, are restricted to fully vaccinated people, including at private residences and vacation accommodation.

Indoor gathering: up to 5 people

Outdoor gathering: up to 25 people



All indoor and outdoor organized events require a safety plan and for attendees to wear a mask and be fully vaccinated.

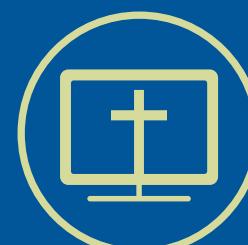
Indoor event: up to 50 people

Outdoor event: up to 100 people



Restaurants, bars, and nightclubs

- Restaurants, fast-food, and cafés require full vaccination to dine-in
- Restaurants - no alcohol service between 10pm-9am
- Bars and nightclubs closed



Worship services: virtual services are required



Sport events spectators (indoor and outdoor): limited to 50% capacity, need safety plan. Attendees must wear masks and be fully vaccinated.

See here for Northern Health Clinics

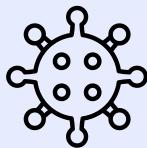
BCCDC DATA SUMMARY

21 October 2021



Most of the recent cases and hospitalizations continue to be among **unvaccinated** individuals.

New hospitalizations are **high and rising** slowly provincially



9

more likely to get
COVID-19



43

more likely to be
hospitalized



36

more likely to
die

Regional Restrictions

Additional restrictions for Fraser East, Interior Health, and Northern Health. See [here](#) for more information.

COVID-19 case rates are high and increasing in NH, decreasing in IH and stable elsewhere.

All health authorities have local health regions with high case rates:

Northern: Nisga'a, Upper Skeena, Nechako, Burns Lake, Peace River South, Snow Country - Stikine - Telegraph Creek, Smithers, Peace River North, Fort Nelson, Prince Rupert

Interior: Keremeos, Enderby, Cariboo/Chilcotin, Cranbrook

Fraser: Chilliwack, Abbotsford, Mission

Vancouver Coastal: Bella Coola Valley

Vancouver Island: Alberni/ Clayoquot

Cases in <18 years remain high, but are beginning to decrease

As of Thursday, Oct. 28, 2021, 89.8% (4,160,780) of eligible people 12 and older in B.C. have received their first dose of COVID-19 vaccine and 84.9% (3,933,596) have received their second dose.

GET VACCINATED TODAY

You can now get your second dose as early as 28 days after your first dose.

Receiving a second dose earlier is particularly important in communities experiencing an outbreak or high transmission of COVID-19.



Click below to find a Vaccine clinic near you

BY HEALTH AUTHORITY

- [Fraser Health](#)
- [Interior Health](#)
- [Island Health](#)
- [Northern Health](#)
- [Vancouver Coastal](#)

All Drop-in Vaccine Clinics

Moderna Vaccine in Northeast Pharmacies

Drop-in clinics are open daily to those over 12 years old.

Clinic listings are updated regularly. Please do not call the clinics or sites directly. Appointments are available but not necessary, for appointments call **1-833-838-2323** or go to [getvaccinated.gov.bc.ca](#). For additional help please contact [**health@mnbcc.ca**](mailto:health@mnbcc.ca)

Find answers to questions about the vaccine and vaccination process on each Health Authority webpage above or at [immunizebc.ca](#).

Please note: Clinics will be closed on all Statutory Holidays.



MÉTIS NATION
BRITISH COLUMBIA

have a covid-19 safe

halloween



Face masks should cover the mouth and nose and go under the chin.
Don't wear them with costume masks as it may be hard to breathe.



**REMEMBER FOLKS, THERE'S
NOTHING MORE TERRIFYING FOR
THE CORONAVIRUS THAN A
VACCINE**

- JEREMY SNYDER @JEREMYCSNYDER

Golden Rules for Everybody

Our layers of protection remain the same to keep each other safe and to support each other.



Get vaccinated



Follow guidelines



Stay home if sick



Check before you travel



Respect personal space



It's always safer outdoors



Consider other people's situation



Clean your hands

Métis Perspectives of Cannabis Use:

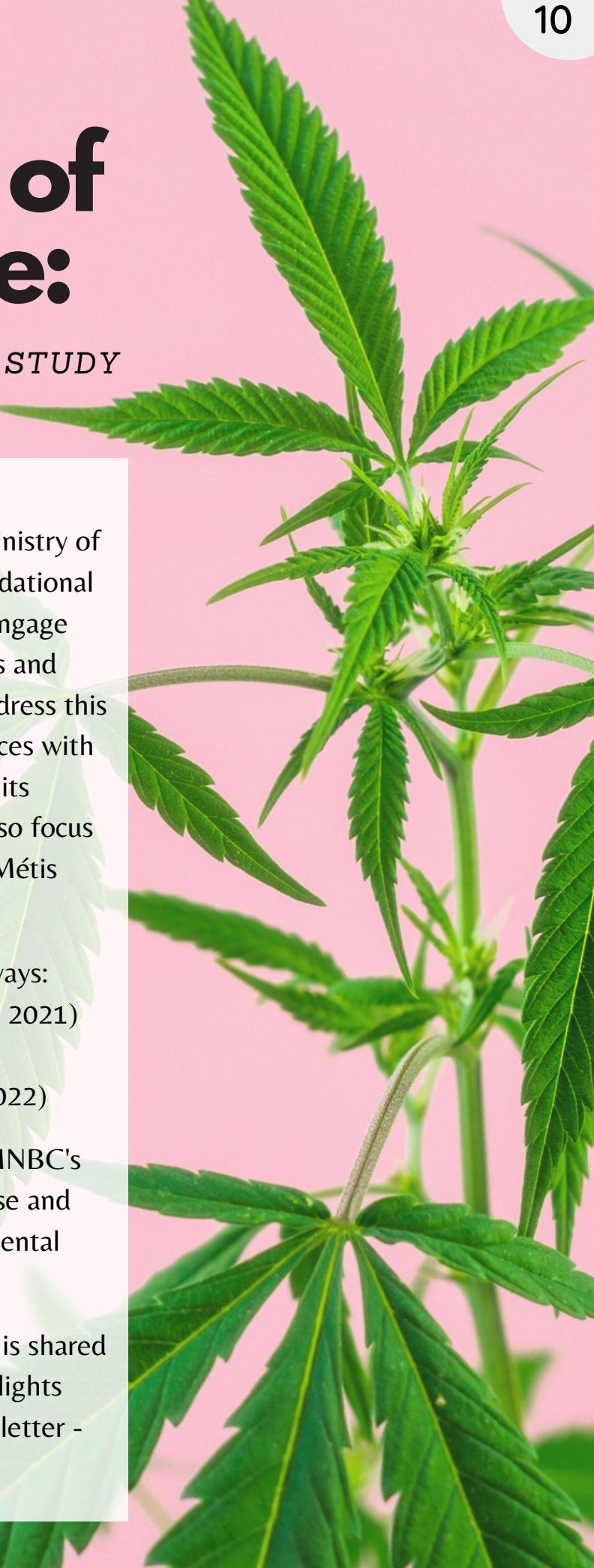
A COMMUNITY-BASED RESEARCH STUDY

This project is funded by the Mental Health Commission of Canada and run by MNBC's Ministry of Health | Mental Health & Addictions. This foundational community-driven research will meaningfully engage Métis people in B.C. to describe Métis patterns and perceptions of cannabis use. MNBC aims to address this knowledge gap by gathering personal experiences with cannabis, as well as beliefs and attitudes about its purpose and those who use it. The study will also focus on the relationship between cannabis use and Métis mental health and well-being.

Information will be gathered in the following ways:
Phase 1 - Survey engagement (completed June 2021)
Phase 2 - Personal Interviews (present stage)
Phase 3 - Community Dialogue focus group (2022)

The results of this research will contribute to MNBC's efforts to reduce the stigma around cannabis use and will help inform the development of a Métis Mental Health & Substance Use Framework.

To ensure that the information gathered so far is shared back to Community in a good way, survey highlights will be released over several issues of this newsletter - continue for part 1.



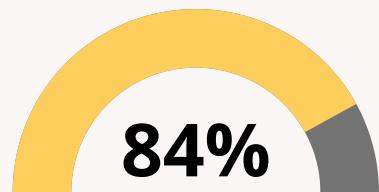
Survey Highlights Part 1

The survey was completed in June 2021, receiving a total of 1301 respondents.

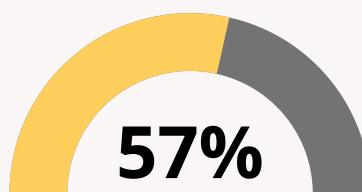
Overall cannabis use

Have you ever used cannabis or cannabis products?

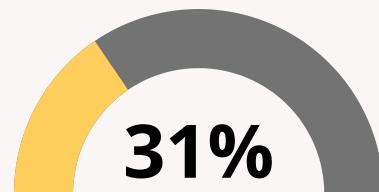
This includes items such as dry herb (flower/bud), concentrates (resin/hash/shatter etc.), edibles (baked goods/candy/tea etc.), capsules, tinctures, oils, or topicals (creams/bath bombs).



at least once in lifetime



in the past year



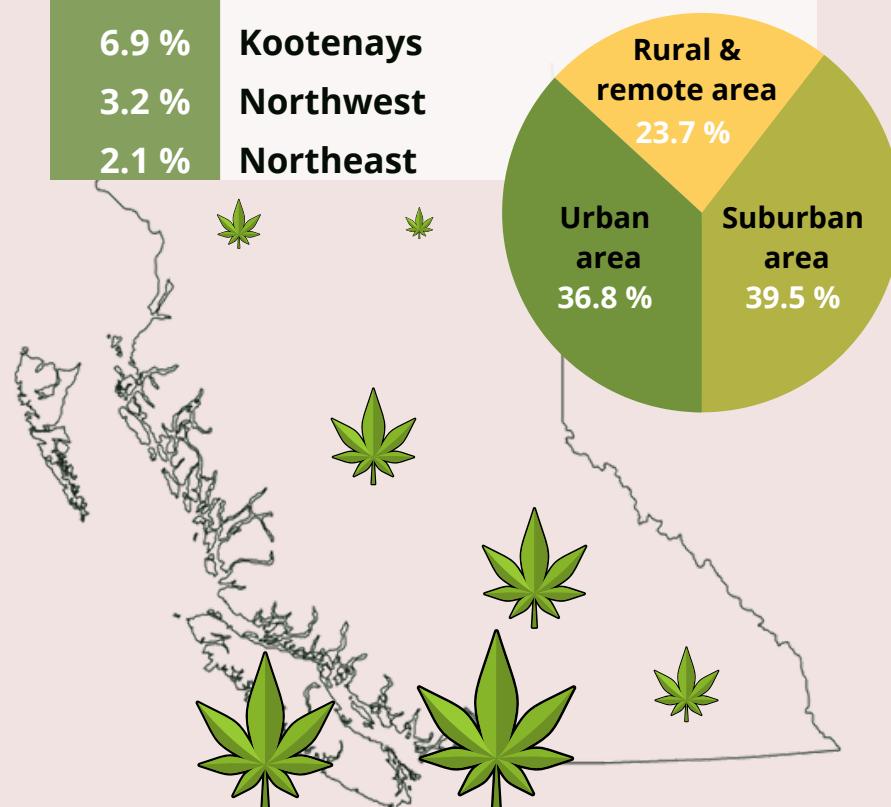
in the past week

Cannabis user characteristics

Characteristics are specific to individuals who reported using cannabis or cannabis products within the past year (739 total).

Age	Women	Men	Diverse
17-24	58	15	2
25-30	49	20	10
31-40	73	40	6
41-56	151	86	6
57-66	70	68	2
67-75	33	35	1
76+	10	4	0
Total	444	268	27

29.7 %	Lower Mainland
26.5 %	Vancouver Island & Powell River
19.8 %	Thompson Okanagan
11.5 %	North Central
6.9 %	Kootenays
3.2 %	Northwest
2.1 %	Northeast





Anti-Racism Data Legislation Community Engagement

**NOV
20**



Provincial In-person Forum:

Nov 20 | 10 - 3 PM

Richmond, BC | All regions welcome



**TRAVEL AND ACCOMMODATIONS
WILL BE PROVIDED**



*BC Vaccine cards are required to attend in person

We welcome your input to help shape, and ensure Métis voices are heard, in B.C.'s new anti-racism data legislation.

Registration link [here](#)



**MÉTIS NATION
BRITISH COLUMBIA**

Métis Nation BC: SUPPORTIVE CARE DIALOGUE SESSIONS

ATTEND IN PERSON OR ONLINE



Prince George: ~~Oct 19-21, 2021~~

Kelowna:

Nov 22-24, 2021

Nanaimo:

Nov 2-4, 2021

Surrey:

Dec 6-8, 2021

Travel, accommodations, and food is provided for those attending in person.

For those that cannot attend in person, an online forum will be hosted on December 11th. Details to follow.

Métis Nation BC (MNBC) is hosting a series of dialogue sessions with Métis Elders and caregivers to identify regional needs and priorities with respect to providing supportive care to Métis Elders in BC. In these discussions, we hope to hear from you to gain a better understanding of your wishes for Métis-specific supportive care services, including assisted living, respite, extended care, palliation, and hospice.



COMPLETE THE FORM BELOW TO REGISTER FOR ONE OF THE DIALOGUE SESSIONS:

www.surveymonkey.com/r/MNBCRegistration

FOR SUPPORT, PLEASE CONTACT:

Gabrielle Woodland, *Elders Wellness Program Coordinator*
Phone: (604)-557-5851 (ext. 8226) Email: elders@mnbc.ca

AVISION FOR HEALTH

Community Engagement

We welcome your input on envisioning the next generation of Métis health.

Provincial In-person Forum:

 JAN 15 | 10 - 3 PM
Richmond, BC | All regions welcome



**TRAVEL AND ACCOMMODATIONS
WILL BE PROVIDED**



*BC Vaccine cards are required to attend in person

Registration Link



MÉTIS NATION
BRITISH COLUMBIA

REGISTRATION NOW OPEN: LIVING LIFE TO THE FULL FOR MÉTIS YOUTH

FREE EIGHT-WEEK GROUP BASED MENTAL HEALTH PROMOTION COURSE FOR MÉTIS YOUTH AGES 13 TO 18



Eight weeks. 90 minutes per week. Delivered by certified Métis facilitators in an online group setting. Provides simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts. Adapted from the adult course, the course is designed for youth ages 13-18.

MNBC's Ministry of Mental Health and Addictions is excited to be offering one FREE cohort of the Canadian Mental Health Association's program, Living Life to the Full for Métis youth ages 13 to 18. These sessions will be running once per week on Thursdays at 6PM until 7:30PM, from October 28th to December 16th.



REQUEST TO REGISTER [HERE](#)



Canadian Mental Health Association
British Columbia

Association canadienne
pour la santé mentale
Colombie-Britannique

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



**MÉTIS NATION
BRITISH COLUMBIA**

Smoking and Vaping 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: Imain@mnbc.ca



Jigfit & Powow Impact

With Madelaine McCallum

JIGFIT:

Thursday's @ 6pm

Nov 4th - Dec 9th

Registration Link: [here](#)

POWOW IMPACT:

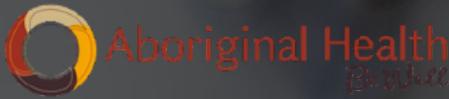
Tuesday's @ 6 pm

Nov 2nd - Dec 7th

Registration Link: [here](#)

Learn the steps, sequenced through choreography in fun, upbeat workouts that will feature both traditional and contemporary music.

JOB OPPORTUNITIES



EXECUTIVE ASSISTANT TO VP OF INDIGENOUS HEALTH

Join an innovative team who have widespread impact on pioneering culturally safe practices within the health authority.

Click [here](#) to view job description

Send resume to: Stephanie.beaulieu@vch.ca



PROJECT COORDINATOR – HPV SELF-COLLECTION

MNBC MINISTRY OF HEALTH

The Project Coordinator will coordinate community and key stakeholder meetings, consultations, knowledge translation and engagement activities throughout Northern British Columbia. The primary purpose of the Project Coordinator will be to collaborate with all Northern Chartered Communities in an ongoing basis to ensure the HPV self-collection project is adapted and delivered to their suggestions and needs.

Click [here](#) to view job description



REGIONAL HEALTH COORDINATOR - INTERIOR

MNBC MINISTRY OF HEALTH

The Regional Health Coordinator (RHC) will facilitate connections with Métis citizens, chartered communities, and RHA health professionals. The RHC will also provide RHA and BC Cancer Centre staff with educational opportunities and a contact person who is dedicated to becoming familiar with the services they offer and who provides knowledge translation to the Métis chartered communities through regional workshops.

Click [here](#) to view job description



MAARSII!

To our devoted healthcare workers,
Thank you for your unwavering commitment to help those
in need every single day, your tremendous efforts cannot be
acknowledged enough. Thank you from the bottom of our
hearts, we are so deeply grateful for all that you do.

THANK you!

