

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 84 | UP-TO-DATE INFORMATION AS OF JANUARY 27, 2022



"We need to take collective actions to reduce risk every day. It is about thinking not only about our loved ones and ourselves, but those around us who we may or may not know are at higher risk. Perhaps an older relative or a colleague we work with or a close friend we spend time with. Let's remember that they are sharing their risk with us, and we share our risk with them. That's why the layers of protection continue to be so important."

- Dr. Bonnie Henry

[Click here to register for your COVID-19 vaccine](#)

[Click here to use this COVID-19 Self-Assessment Tool if feeling unwell](#)

If you or someone you know is 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.

**MÉTIS 24HR CRISIS LINE**

**1-833-MÉTIS-BC**

**(1-833-638-4722)**

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# Public health orders

## extended until Feb 16



Gatherings limited to your household plus one other household or 10 guests, all vaccinated



No indoor organized gatherings of any size, incl. parties, celebrations



All indoor venues reduced to 50% capacity, incl. concerts, movies, sports



Safely reopen gyms and fitness centres starting Jan. 20



Bars and nightclubs closed



Maximum 6 people per table and no mingling at restaurants & pubs



All events and venues required to scan the BC Vaccine Card QR code



No sports tournaments  
Youth sports tournaments can start Feb 1st

For more information and regional restrictions by health authority, visit [here](#).

COVID-19 IN BC

## SAFETY RECOMMENDATIONS

In addition to the orders, the PHO strongly recommends:

- Keep personal gatherings as small as possible
- Stick to the same group of people and only with those you know are fully vaccinated
- Outdoor gatherings are safer than indoor
- Reduce social interactions
- Ensure proper ventilation indoors by opening windows
- Avoid all travel, if you're not fully vaccinated
- Follow the [current federal travel advisory](#).
- Stay home if you feel sick



# PHO UPDATES

Jan. 18 - Jan. 25, 2022

## RISK FACTORS OF OMICRON

**Vaccination status, age and underlying health conditions are the greatest risks of contracting COVID-19.** But with each vaccine we receive, the risk of hospitalization and severe illness decreases dramatically. Boosters protect against Omicron.

Read more on page X.

## BC VACCINE CARD EXTENSION

The use of BC Vaccine Cards will continue until June 30th, 2022 for everyone over age 12.

## BOOSTERS

Boosters decrease the risk of you contracting Omicron by 50%-60%. It also prevents you from giving the virus to someone close to you.

## EXTRA PRECAUTIONS

We all have someone in our circle that is high risk. Our #1 tool is vaccination. Continuing doing other public health guidelines like wearing a mask; washing hands; stay away from others when you are sick, particularly with a fever; following COVID-19 safety plans.

## NACI STRENGTHENS CHILDHOOD COVID-19 VACCINE RECOMMENDATION

National Advisory Committee on Immunization (NACI) recommends all children 5 to 11 should be vaccinated. Parents will receive an invitation to book second dose around the 8-week period.

Read more [here](#).

## LTC AND ASSISTED LIVING

Long-term care and assisted living facilities have seen a sharp increase in cases. But thankfully there is a much lower rate of severe illness and death due to high booster vaccination rates amongst seniors and staff. Check [here](#) for updated guidance.

## COVID-19 CASES

COVID-19 cases are going downward, but hospitalizations remain high.

## CONTACT TRACING

Contact tracing doesn't work as well with Omicron as it has a shorter incubation period. We now need to shift our management to self-monitor our own symptoms. Use the BCCDC Symptom Checker.

## EVENTS AND GATHERINGS RESTRICTION

The current restrictions on events and gatherings will be extended through to February 16.

## GYMS REOPENING

Gyms and exercise facilities will reopen starting Jan 20th with capacity limits and the use of BC Vaccine Cards.

## MHO SUPPORT SCHOOL DISTRICTS

New Order will allow medical health officers (MNO) across the province to support school districts in looking at staff vaccination rates and assess risks of outbreaks in schools.

## COVID-19 NEW TREATMENTS

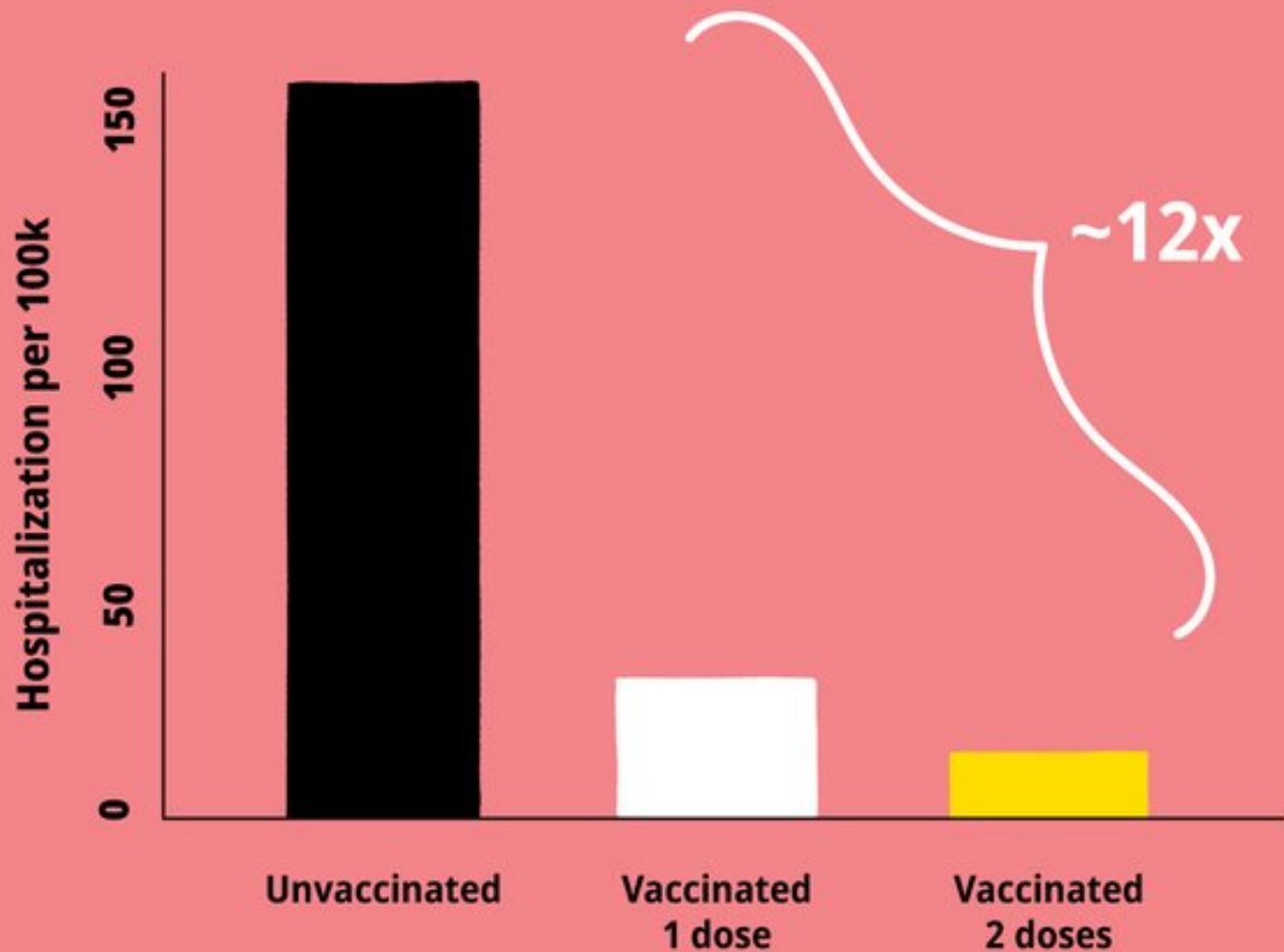
Health Canada approved the use of an oral antiviral treatment that helps prevent more serious illness if it's given to people early on called Paxlovid. There is a very limited supply.

## MISINFORMATION

Find accurate, credible sources of information from your family practitioner, pediatrician, pharmacist, and also the BCCDC website.

*"I can say unequivocally, vaccines do not change your DNA. Vaccines do not affect fertility now or in the future. Vaccines do protect you from infection and from serious illness, and we know that they are very, very safe." - Dr. Henry*

# Getting vaccinated prevents hospitalizations



Age-standardized hospitalization rate for BC, Dec 11 2021 to Jan 7 2022, source: COVID-19 update January 14, 2022.

**COVID-19** IN BC

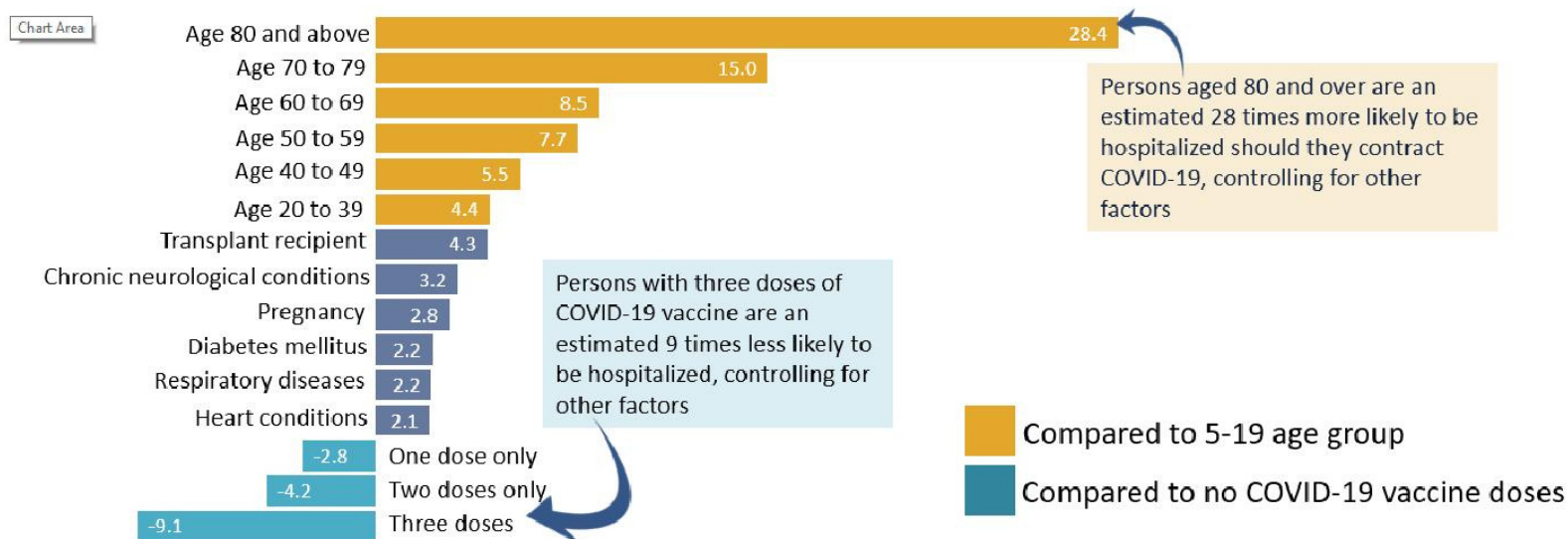
The data has shown that up until now and even with Omicron, about 1 in 10 people will have symptoms that last for 12 weeks or longer.



# COVID-19 Risk Factors

## What puts a person at greater risk for COVID-19 hospitalization?

**Age** is the largest risk factor for COVID-19 hospitalization; each dose of vaccine provides added protection. Below are Times more likely (than a person under age 20) estimates.



**"It is our seniors and elders who are most at risk"**

## Risk of COVID-19 Hospitalization

Analysis from logistic regression on confirmed cases and hospitalizations Dec 14 – Jan 4.

# of at-risk conditions	Age group	Female				Male			
		0 Doses	1 Dose	2 Doses	3 Doses	0 Doses	1 Dose	2 Doses	3 Doses
0 at-risk conditions	<20	0.3%	0.1%	0.1%	0.0%	0.4%	0.2%	0.1%	0.0%
	20-39	1.5%	0.5%	0.4%	0.2%	1.8%	0.7%	0.4%	0.2%
	40-49	1.9%	0.7%	0.4%	0.2%	2.3%	0.8%	0.5%	0.3%
	50-59	2.7%	1.0%	0.6%	0.3%	3.2%	1.2%	0.8%	0.4%
	60-69	2.9%	1.1%	0.7%	0.3%	3.6%	1.3%	0.8%	0.4%
	70-79	5.2%	1.8%	1.2%	0.6%	6.3%	2.2%	1.5%	0.7%
	80+	9.5%	3.3%	2.2%	1.1%	11.8%	4.0%	2.7%	1.3%
1-2 at-risk conditions	<20	0.9%	0.3%	0.2%	0.1%	1.2%	0.4%	0.3%	0.1%
	20-39	4.5%	1.7%	1.1%	0.5%	4.7%	1.8%	1.1%	0.6%
	40-49	5.2%	1.9%	1.2%	0.6%	5.9%	2.2%	1.3%	0.7%
	50-59	6.8%	2.6%	1.6%	0.8%	8.3%	3.2%	1.9%	1.0%
	60-69	7.5%	3.0%	1.8%	0.9%	9.5%	3.6%	2.2%	1.1%
	70-79	13.9%	5.4%	3.3%	1.6%	17.2%	6.9%	4.2%	2.0%
	80+	26.2%	9.7%	6.2%	2.9%	33.9%	13.1%	8.1%	3.9%
3+ at-risk conditions	<20	5.5%	1.8%	1.3%	0.5%	7.3%	1.8%	1.4%	1.4%
	20-39	23.0%	10.6%	5.1%	2.9%	25.2%	11.0%	6.6%	3.6%
	40-49	26.2%	10.6%	5.8%	3.6%	35.6%	8.3%	6.5%	4.0%
	50-59	36.0%	13.2%	7.7%	4.3%	37.0%	12.3%	8.9%	5.1%
	60-69	33.2%	14.8%	7.6%	3.9%	40.3%	16.2%	9.4%	5.0%
	70-79	50.1%	23.2%	12.8%	5.9%	59.6%	26.6%	15.9%	7.5%
	80+	71.9%	31.8%	20.7%	9.4%	83.7%	43.8%	26.3%	12.7%

Model estimates\* of the proportion of cases that would result in hospitalization by demographic group and vaccine status

Hospitalization risk for younger people with two or more doses approaches zero

Even with 3 doses, substantial risk observed for those over 80+ (over 10%) when multiple risk conditions present

\*Point estimates expected to change as more data becomes available. Differences between same-colored cells may not be statistically significant.

**Having two doses of the vaccine is highly protective at keeping people out of hospital. There is even more protection with 3 doses.**



island health



First Nations Health Authority  
Health through wellness



# Omicron Variant: Protect Yourself from COVID-19

The omicron variant is generally milder than other variants but is the most contagious COVID-19 one to date. All of us play a role in protecting our communities and our loved ones. Follow these tips to limit the spread of COVID-19.

- **Get vaccinated.** The more people who are vaccinated, the less chance of becoming critically ill. The elderly and people with chronic and/or concurrent illness are most at risk from COVID-19
  - Individuals who have up-to-date COVID-19 vaccines have the best protection from acquiring and becoming seriously ill from Omicron
- **Wash your hands** and cough or sneeze into your sleeve or a napkin
- **Wear a facemask** when indoors with people from outside your household. A cloth mask is fine for most public spaces
- **Avoid the use of formal greetings** such as handshakes, hugs or kisses with friends or people outside your household. Safe greetings include waving, nodding or "air hugging"
- **Limit unnecessary travel** and avoid larger gatherings with others
- **Stay home if you are not feeling well.** This will keep your community safer
- **Self-isolate and get tested** for COVID-19 if you are exhibiting symptoms
- **If symptoms progress,** seek medical attention

During the pandemic it is important to check in with yourself and others - if you aren't feeling 100%, it is better to stay home.

To book a **COVID-19 test**, please phone 1.844.901.8442

To register and book a **COVID-19 vaccination** visit <http://gov.bc.ca/getvaccinated> or phone 1.833.838.2323

**Thank you for doing your part!**



# COVID-19

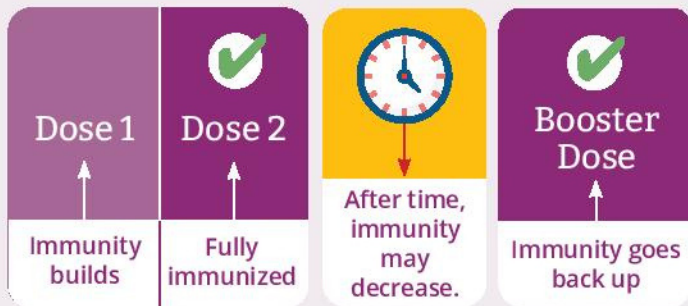
## Vaccine boosters & 3<sup>rd</sup> doses

While booster doses and 3<sup>rd</sup> doses for COVID-19 may seem similar, they actually have very different purposes.

### Booster dose

**A booster dose is given as immunity may decrease over time.**

A booster dose helps you maintain and lengthen your protection against COVID-19.



★ For people who received the Janssen vaccine, 1 dose is needed to be fully immunized.

#### Who is a booster dose for?

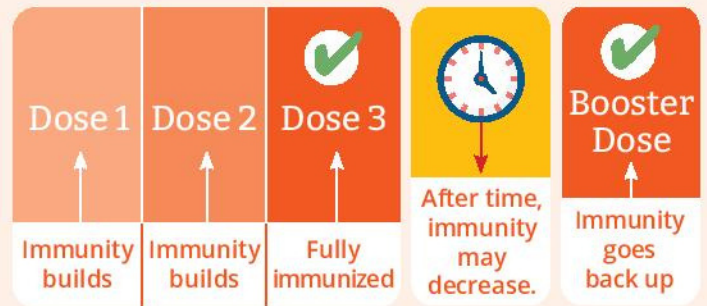
**Everyone 12 years of age and older** will be invited to get a booster dose of the COVID-19 vaccine, 6 to 8 months after their second dose, starting with people most at risk. Guidance has changed again so this can be removed now.

#### Which vaccine for a booster dose?

- You will be given an mRNA vaccine, either **Moderna or Pfizer**.
- There is no need for your booster to be the same as your previous vaccines.
- Getting an mRNA booster is highly effective and safe even if you received AstraZeneca for your 1<sup>st</sup> or 2<sup>nd</sup> dose.

### 3<sup>rd</sup> dose

**Some people, like people with compromised immune systems, need 3 doses to achieve the level of protection that most people get with 2 doses.**



★ Even after a 3<sup>rd</sup> dose, a booster dose may be needed in the future if immunity decreases over time.

#### Who is a 3<sup>rd</sup> dose for?

A 3<sup>rd</sup> dose is recommended for people with **moderate to severely compromised immune systems** such as those receiving dialysis or active cancer treatment. See the full list [here](#) speak to a medical care provider.



#### Which vaccine for a 3<sup>rd</sup> dose?

- The **Moderna** vaccine is recommended for a 3<sup>rd</sup> doses as it helps develop a slightly stronger immune response in people with compromised immune systems.
- If Moderna is not available, the Pfizer vaccine also provides an effective increase in immune response.
- There is no need for your 3<sup>rd</sup> dose vaccine to be the same as your previous vaccines.

### What you need to know:

You will be notified when you are eligible for your booster or 3<sup>rd</sup> dose. Make sure you are registered in the **Get Vaccinated** system online or by calling **1-833-838-2323**.

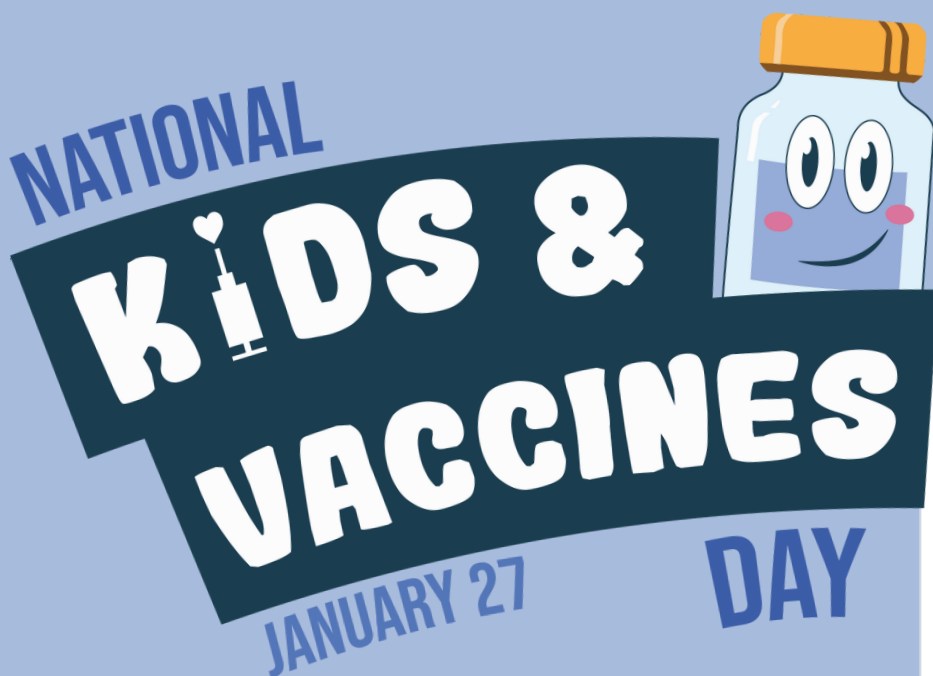
Your invitation to get vaccinated will say whether you are getting a booster or 3<sup>rd</sup> dose.

- It is important to get all the recommended doses of the vaccine to keep your level of protection against COVID-19, especially severe disease.
- At this time, there is no requirement to take a booster or 3<sup>rd</sup> dose to be considered fully vaccinated for the vaccine card in B.C.

- Data are being monitored to figure out how long the protection from booster doses will last and whether more will be needed in the future.

For more information visit the **BCCDC Vaccines page** or call **8-1-1**.





## Watch the ScienceUpFirst National Kids & Vaccines Town Hall HERE!

A town hall to answer questions about COVID-19 vaccines for kids in Canada.

Watch one of the presenters here -->



Check out this comic of Little Louis getting his vaccine!

Click on the image to read the comic.

# Dedicated vaccine clinics for children five to 11 running until Feb. 13

Look for them when  
booking your child's  
appointment.

**Vancouver  
CoastalHealth**



For children who need a  
quieter space: Clinics  
with individual rooms  
available. If this is your  
child, please book your  
appointment at:

- Vancouver: George  
Pearson Age 5-11  
Clinic
- Richmond: Pacific  
Autism Family  
Network Age 5-11  
Clinic
- North Shore: ICBC  
Age 5-11 Clinic



**Northern Health**  
adjusting  
services to  
strengthen  
patient safety,  
read [here](#)

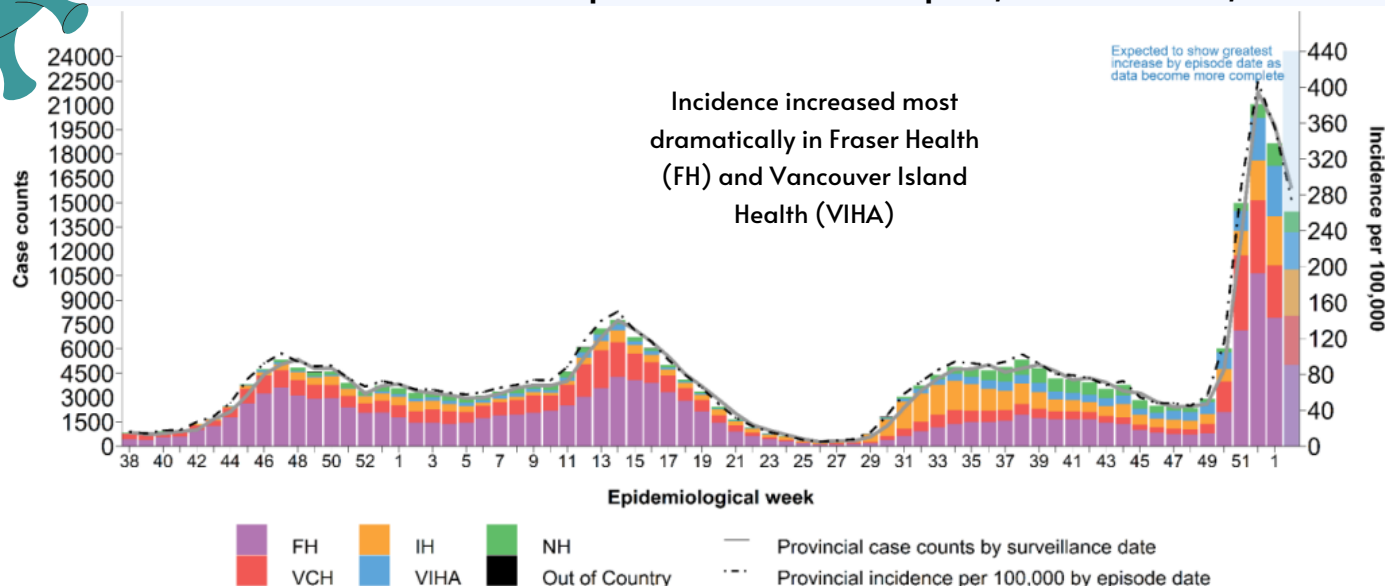
**Get your  
booster 8  
weeks after  
2nd dose if  
pregnant**



UP TO  
**15 January 2022**

Hospital admissions and deaths are increasing; provincial COVID-19 incidence decreases.

## COVID-19 case counts and epidemic curve from Sept 13, 2020 to Jan 15, 2022





# Do you need a COVID-19 test?

If you are clinically extremely vulnerable, immunocompromised, over age 70, or pregnant - you should get tested immediately if you suspect you have COVID-19.



## SYMPTOMS

## WHAT TO DO

- Fever (above 38° C)
- Chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

**1 or more of these symptoms:**  
Get tested and stay home.

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea or vomiting
- Diarrhea

If you have **1 symptom:**  
Stay home until you feel better.

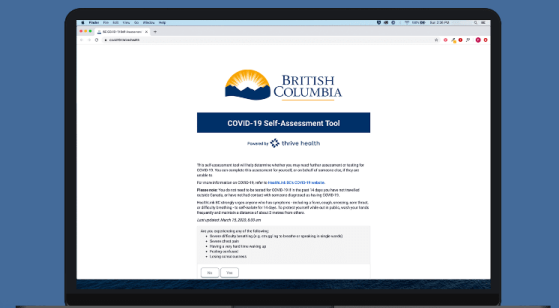
**2 or more of these symptoms:**  
Stay home and wait 24 hours to see if you feel better.  
Get tested if not better after 24 hours.

If you are a **close contact\*** of someone who has COVID-19 and have any of the symptoms listed above:  
Get tested and stay home.

If you are fully vaccinated at lower risk and have mild symptoms you don't need a test. Stay home and stay away from others and manage your symptoms.

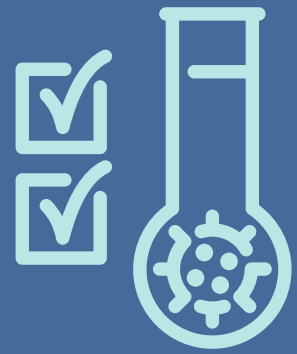
Download the Support App & Self-Assessment Tool

Access the Self-Assessment Tool online



click on the images and icons to go to link

# If you test positive



If you test positive, follow the self-isolation requirements on the next page.



If you are an  
unvaccinated adult,  
isolate for 10 days.



If you are a vaccinated  
adult or a child under 18,  
isolate for 5 days.

We still need to realize we may be carrying some virus after 5 days.  
Wearing a mask around other people in indoor settings and avoiding high-risk settings like long-term care homes, if we can, during that next additional five days.

If somebody has a positive antigen test, there's no need for  
a PCR test to confirm that

# COVID-19

## How to self-isolate after your COVID-19 test or if your test result is positive



BC Centre for Disease Control  
Prevention • Health • Services Authority

### Stay home

- Do not go to work, school or other public places.
- Have family, friends or a delivery service bring food, medication and other supplies to you.
- Do not have visitors inside unless they are homecare providers.
- Avoid going outside of your home even while you wait for your test results.

### If you need to go out for medical reasons

- It is best to walk, ride a bike, or drive yourself
- If you travel in a car with anyone (in a taxi or a ride share, or even with someone from your household):
  - Everyone must wear a mask
  - Roll down all the windows
  - Everyone should clean their hands before and after the ride
- If you must take public transit:
  - Wear a mask
  - Clean your hands before and after the ride
  - Stay 2 meters away from others

### If you live with others

Let everyone at home know you are self-isolating.

- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
  - Stay more than 2 meters apart as much as possible.
  - Everyone should wear a 3-layer mask that covers the nose and mouth and goes under the chin.
  - Open windows to increase airflow.
- Eat alone in the room where you are self-isolating. If you must eat in a shared space, eat by yourself.
- Everyone should wash hands often with soap and water, or use hand sanitizer.
- If you share a bathroom:
  - Put down the toilet seat before you flush.
  - Turn on the fan or open the window.
  - Clean handles and faucets after each use.
  - Avoid sharing personal items like toothbrushes and towels
- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.



# 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.

Read more [here](#).

**Where to get an  
influenza vaccine?**

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

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

# DRUG POISONING / OVERDOSE ADVISORY GREATER VICTORIA

Overdoses are increasing in Victoria. Friends, family and community members using opioids and stimulants face increased risk from both injection and inhalation.

## IF SOMEONE OVERDOSES:



**CALL 9-1-1 AND STAY WITH THEM**



**GIVE NALOXONE**



**GIVE 1 BREATH EVERY 5 SECONDS**

## TIPS FOR SAFER DRUG USE:



### **VISIT YOUR LOCAL OVERDOSE PREVENTION SERVICE (OPS)**

The Harbour: 941 Pandora Avenue,  
Victoria. Open daily 8am - 8pm  
Rock Bay Landing: 535 Ellice Street,  
Victoria. Open daily 8am - 8pm



### **CARRY NALOXONE**

Visit [naloxonettraining.com](https://naloxonettraining.com) for a training refresher



### **START LOW, GO SLOW**

Take a small amount, wait and see how it feels



### **STAGGER USE WITH A FRIEND**

So someone can respond if needed



### **MIXING SUBSTANCES INCREASES RISK OF OVERDOSE**

This includes alcohol and prescription drugs



### **IF USING ALONE:**

- Let someone know and ask them to check on you
- Download the Lifeguard App: [lifeguarddh.com](https://lifeguarddh.com)
- Call the National OD Response Service: 1-888-688-6677

# Myths & Facts

Supervised consumption services or sites, also known as Harm reduction sites, are places where someone can use illegal drugs safely under a trained staff's supervision.

## About Supervised Consumption Services



**MYTH** SCS promote drug use ❌

**FACT** Staff adopt a non-judgmental approach ✔

These services are part of a harm reduction approach that aims to keep people safe and healthy irrespective of whether they choose to use drugs or abstain.



**MYTH** SCS increase drug use ❌

**FACT** Drug use remains the same or decreases ✔

SCS typically serve people who have used drugs for a long period of time and service use is associated with increased uptake into treatment.



**MYTH** SCS bring more drugs to an area ❌

**FACT** SCS bring existing drug use inside ✔

Federal SCS exemptions require that applicants demonstrate need for the service based on local drug use patterns. Research shows people are typically unwilling to travel far to use an SCS.



**MYTH** SCS increase crime in the community ❌

**FACT** Crime rates remain the same or decrease ✔

Available research shows either no change or a decrease in drug trafficking, violent crime, and public drug use in surrounding areas.



**MYTH** SCS are a waste of resources ❌

**FACT** SCS save money ✔

SCS contribute to decreased emergency response costs, fewer instances of HIV transmission, and fewer deaths. Research shows Vancouver's Insite saves up to \$6 million per year.



# START THE NEW YEAR BREATHING EASILY

*...and you can win big!*

MNBC would like to support Métis citizen's quit journey with assistance, resources and prizes!

## THE CHALLENGE: **GIVE UP SMOKING!**

We want you to quit or reduce smoking for two months. Each participant will be given a personalized carbon monoxide monitor, to monitor their progression to smoking cessation.

Prizes to be drawn from participants who have significantly reduced or have quit smoking, each draw, participants must submit carbon monoxide readings showing a reduction in carbon monoxide.

**Sign up before end of January!**

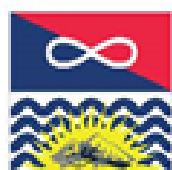
To enter or for more information, please contact Lloyd Main at [lmmain@mnbc.ca](mailto:lmmain@mnbc.ca) or call **1-250-241-4589**

**ONE-ON-ONE  
COUNSELLING**

**WRITTEN  
RESOURCES**

**CARBON MONOXIDE  
MONITORS**

**FINANCIAL  
ASSISTANCE**



**MÉTIS NATION**  
BRITISH COLUMBIA



TOBACCO/VAPING CESSATION



Quitting addiction  
is a journey

# CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #3

MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

MNBC's Métis Youth Mental Health and Wellness Initiative is seeking submissions for the third 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.

We welcome anybody who is interested to submit content! 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 can come in many forms (articles, lived-experience stories, art, poetry, etc.), but must be related to the area of mental health and wellness.

The deadline for submissions is January 31st, 2022. All submitted content must meet submission guidelines in order to be accepted for publication.

To receive the submission guidelines or learn more, please contact Jillian at [jjones@mnbc.ca](mailto:jjones@mnbc.ca)

# REGISTRATION REQUEST

## LIVING LIFE TO THE FULL 2022 ADULT COHORTS EIGHT-WEEK, GROUP BASED MENTAL HEALTH PROGRAM



MNBC's Ministry of Mental Health and Addictions is excited to be offering TWO FREE adult cohorts of the Canadian Mental Health Association's program, Living Life to the Full!

Living Life to the Full is a mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using Cognitive Behavioural Therapy (CBT) principles.

Please note that Living Life to the Full is not delivered by psychiatrists or psychologists, and is not intended to be a medical or therapeutic intervention.

Sessions will be delivered by certified Métis community facilitators and include a booklet, handouts and exercises to guide your learning. These courses will be delivered virtually over Zoom. Each course will have up to 20 Métis youth participants.

To learn more, please email Jillian at [jjones@mnbc.ca](mailto:jjones@mnbc.ca)

To learn more about the Living Life to the Full program, please visit: [livinglifetothefull.ca](http://livinglifetothefull.ca)

Living Life to the Full is an eight-week, group-based mental health promotion course. Living Life to the Full helps people make a difference in their lives in eight enjoyable 90-minute sessions – taking place at the same time, once per week.

Course content and materials are practical and easily applied to everyday life situations. These sessions will be for Métis adults (18+) dealing with stress, anxiety or just needing help in dealing with life's challenges.

To request registration, please visit: [LINK](#)

Please note that completing this survey does not guarantee registration. Due to overwhelming interest and limited capacity, not everyone who completes this survey may be offered a spot. You will receive a confirmation email to confirm registration, if eligible.



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



# WAITLIST NOW OPEN!

## LIVING LIFE TO THE FULL

### 2022 FOR MÉTIS YOUTH

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, beginning in February 2022.



**Designed for youth aged 13-18, Living Life to the Full for Youth equips youth and young adults with the skills they need to face challenges in life. The course is a variation of the standard Living Life to the Full course, adapted in consultation with a diverse group of youth from British Columbia. The course includes fun activities and group challenges to help youth practice and develop their skills.**

**Living Life to the Full** is an eight-week, group-based mental health promotion course. Living Life to the Full helps people make a difference in their lives in eight enjoyable 90-minute sessions – taking place at the same time, once per week. Course content and materials are practical and easily applied to everyday life situations. **These sessions will be for Métis youth navigating stress, anxiety or just needing help in dealing with life's challenges.**

*Please note that Living Life to the Full is not delivered by psychiatrists or psychologists, and is not intended to be a medical or therapeutic intervention.*

Sessions will be delivered by certified Métis community facilitators and include a booklet, handouts and exercises to guide your learning. These courses will be delivered virtually over Zoom. Each course will have up to 20 Métis youth participants.

**The date of these sessions is yet to be confirmed - this survey is to request placement on the waitlist. You will be contacted once registration opens.**



**REQUEST TO  
REGISTER HERE**

If you have any questions about any of the above opportunities, please contact MNBC's Provincial Mental Health Coordinator, Jillian Jones, at [jjones@mnbc.ca](mailto:jjones@mnbc.ca)



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



## Don't forget that there are resources and support available if you are struggling

For support services visit:

- The Métis Crisis Line, available 24 hours a day at 1 833 638-4722
- The KUU-US Crisis Line Society provides a 24-hour, provincewide Indigenous crisis line for Indigenous Peoples in B.C.
  - Adults, call 250 723-4050
  - Children and youth, call 250 723-2040, toll-free: 1 800 588-8717
- Indian Residential School Survivors Society, phone: 604 985-4464 or toll-free: 1 800 721-0066
- Tsow-Tun Le Lum for Indigenous Peoples in B.C., phone: 1 888 403-3123
- For a list of Community Counselling Resources, visit [here](#)

### See previous issues [here](#)

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Interior Health Testing Q&A  
How to self-isolate after your  
COVID-19 test  
Mask fitting  
Influenza vaccine





*marsii*  
*thank you*

TO ALL THE HEALTH CARE WORKERS  
FOR YOUR DEDICATION AND SERVICE