



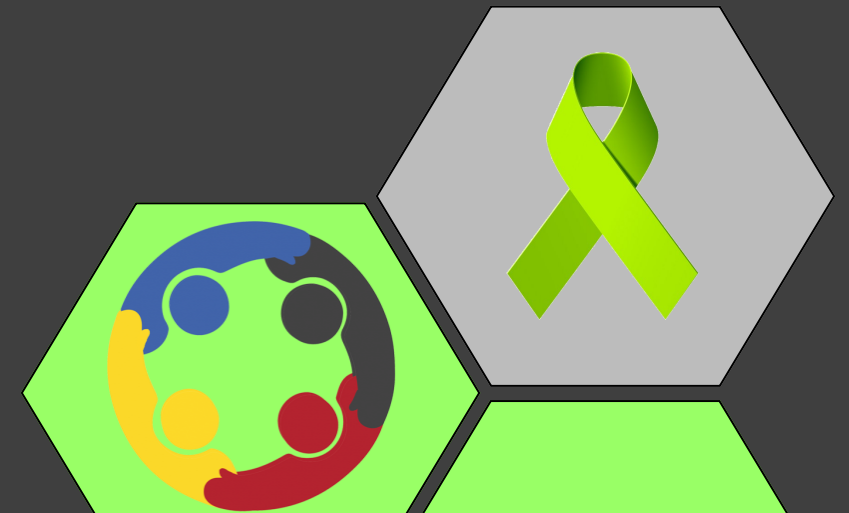
Join us on our Beatrice Wilson Health Centre Facebook page for programs, information and live feed.

Cree Proverb

Be truthful and respectful in our speech, which in itself is a miracle and a gift from the creator, that we might use it only to speak good of each other and pass on the good things in life.

Oma ka-pikiskweyak ta-ki kisteyihtomowak mina ta-ki-tapweyak, eyako ayamiwin mitoni
Mamahtawisihcikewin oma ki-mamawohtawimawanaw ka-ki-miyo-miyikowak,
ka-tahkaki-pikiskwatowak ekwa mina ka-miyo-aniskowinimak pimatisiwiwina

Updated as of February 10, 2021



Beatrice Wilson Health Centre Community Wellness Department

245 Waller Road
Opaskwayak, Manitoba
R0B2J0

Phone: (204)627-7410
Fax: (204)623-3907
OCN Support Line (Call
or TEXT (204) 623-0519



Mental Health IS Health



Wellness department offers 100% confidential services in the areas of education, prevention, and advocacy

Voluntary and non-judgmental

Psychiatric assessments and follow ups

Opioid replacement therapy and follow up

SMART Recovery for ORT

Addiction assessments/counselling

Grief and loss

One on one support

Family support

Spiritual guidance/healing

Suicide intervention/training

Anger management

Parenting

Non-violent crisis intervention

Couples counselling

Off site counselling offered upon

Request

Walk-in services available

Services open to everyone (youth, families, individuals and elders)

After hours crisis line

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

Eating or sleeping too much or too little

Pulling away from people and usual activities

Having low or no energy

Feeling numb or like nothing matters

Having unexplained aches and pains

Feeling helpless or hopeless

Smoking, drinking, or using drugs more than usual

Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

Yelling or fighting with family and friends

Experiencing severe mood swings that cause problems in relationships

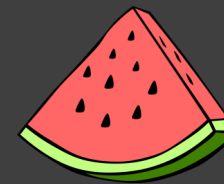
Having persistent thoughts and memories you can't get out of your head

Hearing voices or believing things that are not true

Thinking of harming yourself or others

Inability to perform daily tasks like taking care of your kids or getting to work or school

Grounding Exercise:



Look around and name:

5 Things you see

4 Things you feel

3 Things you can hear

2 Things you can smell

1 Thing you can taste

Grounding Techniques

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

5-4-3-2-1 Technique Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>

Which Is It?

Everyday Anxiety

Anxiety Disorder

Worry about paying bills, landing a job, a romantic breakup, or other important life events.

Constant and unsubstantiated worry that causes significant distress and interferes with daily life.

Embarrassment or self-consciousness in an uncomfortable or awkward social situation.

Avoiding social situations for fear of being judged, embarrassed, or humiliated.

A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event.

Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one.

Realistic fear of a dangerous object, place, or situation.

Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger.

Anxiety, sadness, or difficulty sleeping immediately after a traumatic event.

Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before.

For more information on anxiety and how to cope, Contact:
Beatrice Wilson Health Centre wellness team 204-627-7410.

Mental Health and Wellness

Positive mental health allows people to:

Realize their full potential

Cope with the stresses of life

Work productively

Make meaningful contributions to their communities

Ways to maintain positive mental health include:

Getting professional help if you need it

Connecting with others

Staying positive

Getting physically active

Helping others

Getting enough sleep

Developing coping skills



“Without mental health, there is no health” WHO

Why there is “no health without mental health”

By Michael Friedman, L.M.S.W.

Old or young, neglecting your mental health is bad for your physical health and vice versa. If you have a chronic physical illness such as diabetes or heart disease and you suffer from depression or an anxiety disorder, you are at considerably higher risk for disability and premature death. Depression and anxiety disorders often express themselves through physical symptoms: stomach problems, headaches, backaches, sleeplessness, fatigue, weight loss, or obesity. People in the early or mid stages of a dementia, such as Alzheimer’s Disease, are likely to also be depressed and/or anxious, and these co-occurring mental conditions reduce already compromised cognitive functions. If you suffer from a long term, severe mental illness, your life expectancy is at least 10 and perhaps 30 years less than the general population’s, largely due to poor health.

ACCEPT.

EXPRESS.

SUPPORT.

Wellness Team

The Beatrice Wilson integrated care teams strive to offer wrap around services to ensure that clients are getting the best possible care. The Wellness team eliminates all boundaries by seeing anyone that comes through our doors and ensure at least one staff member is available to see individuals on a walk in basis or at a location that they are comfortable in. We currently have twelve staff in our wellness department with a variety of skill sets and backgrounds that allows us to find the best fit for our clients as well as accommodate an individuals' preference to see someone else. Dr. Leigh Quesnel (Psychologist) runs programs through the Health Centre and schools with informative presentations and speeches based on Mental Wellness.

The Opioid replacement therapy program has been up and running since Oct 2018 and we are continuously taking in new clients. The learning circles/wellness team ensure adequate supports for these clients as well as those requesting after care when they come back from any addictions recovery Centre.

Wellness Team Supervisor & Psychiatric Nurse 1



Hello, my name is Sarah Linklater from Nisichawayasihk Cree Nation, I am fluent in Cree and I have worked with BWHC for over three years as a Psychiatric Nurse and recently took on an additional role as supervisor in the department. I have enjoyed the challenges in working alongside the wellness team to build up our department to better meet the needs of the community. The wellness team is thankful for the enthusiasm of community members in supporting our efforts.

In my spare time I enjoy spending time with family/ friends or reading.

Psychiatric Nurse 2



Hello, my name is Melody Brooks. I had recently joined the wellness team at Beatrice Wilson Health Centre as a psychiatric nurse. I came from Rapid City, Manitoba and had graduated from the Bachelor of Science program in 2019 from Brandon University. Prior to relocating to the Pas, I had the opportunity to work in various mental health settings such as: acute psychiatry, long-term care, Mobile Crisis and the Crisis Stabilization Unit. I am a mother of three adult sons and enjoy being the grandmother of two young grandchildren. I come from a farming background of raising cows and horses (which I loved riding) and really enjoy camping, gardening, and reading mystery novels. I look forward to working with the team and the community members to capacity build, and to contribute to a holistic approach to health and wellness.

Mental Wellness Admin Support



Hello to the communities of OCN; The Pas, and RM of Kelsey. My name is W. Rachel Ballantyne I am a Clinic Administrative Support Clerk with the OHA Wellness department and assist as well with the ORT Departments of the Opaskwayak Health Authority. I have been employed unofficially with the OHA for 14 years and officially 8 years. Working in various capacities and departments.

My parents are the Late Tommy Ballantyne of Big Eddy and Louise Ballantyne nee: Pelly from Cumberland House, Sk. I have 4 brothers and 4 sisters; me being the youngest. I am a lifelong resident of Umpherville and a proud member of the Opaskwayak Cree Nation.

I enjoy working with the counsellors; nursing staff and visiting physicians and clients that come to the Health Centre to access the services in our departments.

“Ekose mah. Kee-tom-Kuh-wa-pa-meh-ka-ine”..

For Immediate Help

If someone has attempted suicide:

- Don't leave the person alone.
- Call the local RCMP detachment or your local emergency number right away. Or, if you think you can do so safely, take the person to the nearest hospital emergency room yourself.
- Try to find out if he or she is under the influence of alcohol or drugs or may have taken an overdose.
- Tell a family member or friend right away

If a friend or loved one talks or behaves in a way that makes you believe he or she might attempt suicide, don't try to handle the situation alone:

Get help from a trained professional as quickly as possible. The person may need to be hospitalized until the suicidal crisis has passed.

Available resources:

Local RCMP.....(204) 627-6200

Local band constable(204) 627-6242

The Pas hospital.....(204) 623-6431 ..press 9

Opaskwayak Health Authority.....(204) 627-7410

OCN Support Line: 204-623-0519

Addictions Foundations of Manitoba.....(204) 627-8140

Suicide crisis line:.....1-888-322-3019

First Nations and Inuit Hope for Wellness Help Line....1-855-242-3310

MKO Mobile Crisis....1-844-927-5433 crisisresponse@mkonorth.com

Opaskwayak Health Authority PDA website: www.oha-pda.ca



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Suicide: What to do when someone is suicidal

When someone you know appears suicidal, you might not know what to do. Learn warning signs, what

questions to ask and how to get help.

When someone says he or she is thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. You may not be sure what to do to help, whether you should take talk of suicide seriously, or if your intervention might make the situation worse. Taking action is always the best choice. Here's what to do.

Start by asking questions

The first step is to find out whether the person is in danger of acting on suicidal feelings. Be sensitive, but ask direct questions, such as:

- How are you coping with what's been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about dying?
- Are you thinking about hurting yourself?
- Are you thinking about suicide?
- Have you ever thought about suicide before, or tried to harm yourself before?
- Have you thought about how or when you'd do it?
- Do you have access to weapons or things that can be used as weapons to harm yourself?

Cree Proverb

Realize that we as human beings have been put on this earth for only a short time and that we must use this time to gain wisdom, knowledge, respect and the understanding for all human beings since we are all relatives.

"ka-kí-kiskéyih-tétan óma, namoya kinwés maka aciyowés pohko óma óta ka-hayayak wasétam askihk, ékwa ka-kakwéy miskétan kiskéyih-tamowin, iyinísiwin, kistéyitowin, mina nánisitotatowin kakiya ayisiniwak, ékosi óma kakiya ka-wahkotowak."

<http://www.sicc.sk.ca/archive/heritage/sils/ourlanguages/swampy/eldersquotes/index.html>

Learning Circles

Behavioral Health Facilitator



My name is Robert Paul and I work at Beatrice Wilson Health Centre as the Behavioral Health Facilitator. I am the oldest child of Robert and Kathy Paul of Mafeking, MB. I am the father of a 10-year-old daughter who means the world to me.

Over the past twelve years I have worked with Manitoba Corrections and have assisted Manitoba probations for the last two years as a community corrections officer. During this time, I assisted clients in rehabilitation along with helping youth complete their conditions and find employment.

As a Behavioral Health Facilitator, I will be overseeing the learning circles/ wellness team. I will also be assisting in the delivery of capacity building and providing Mental Health services in OCN and surrounding communities.

Emotional Wellness



I am a grandmother of 10 and a mother of 4 and I value spending time with family and extended family. I love spending time on the lake or sitting outside at the fire in the summer.

My name is Marcella Fenner, I am originally from Cormorant, Manitoba and I have worked with children in a school setting for 28 years. I have just recently begun working at Beatrice Wilson Health Center in June 2018 as a Learning Circle Facilitator-Emotional Wellness (Counsellor). I have lived in The Pas for the last 7 years and I am enjoying working with the community of OCN and the people that have spent their lives here.

Spiritual Wellness



My name is Kevin Kapay I am a Plains Cree of Day Star First Nations, Saskatchewan. I am happy to serve the People of Opaskwayak and working with the Opaskwayak Health Authority. I work fulltime as the Learning Circle Facilitator - Spiritual Wellness Counsellor. I also offer services as an Alcohol and Drug Addictions Counsellor helping many on the road to recovery for the past 11 Years for those seeking sobriety and treatment recovery. Since working with Beatrice Wilson Health I had the opportunity to work as a family support worker. As for Spiritual practices offered I share native healing practices by offering smudging ceremonies, singing sacred healing songs; The Healing Sessions I offer are gentle and friendly, offering confidential healing sessions for all peoples seeking spiritual wellness. I enjoy many of OCN Members I have met, they only made me feel welcomed and part of the Opaskwayak Community and I thank you for your kindness and acceptance.

My favorite Hobby is singing and playing guitar performing especially for the OCN Elders at the McGillivray Senior Care. Thank you for your time reading my Biography, if you are around Beatrice Wilson Health Centre drop by and see me, I will always be glad to meet you.

Learning Circles Concluded

Mental Wellness



My name is Rueben Personius I work at Beatrice Wilson Health Centre as a learning circle facilitator– Mental Wellness. I am the youngest son of Paul and Rose Personius, married to my beautiful wife Janna Personius and we are blessed with 3 beautiful children. I have been working with Opaskwayak Health Authority since October 2009 and been involved in numerous roles within the organization. My current role as the Mental Wellness Facilitator are counseling individuals and families. Learning circle staff also make up the MKO wellness team that provides capacity building, follow up care and preventative work to the outlying SCTC communities.

In my spare time I enjoy spending time with my family and friends or playing sports.

Physical Wellness 1



Learning Circle Facilitator/Physical Wellness

My name is Shawn and I’ve been with Opaskwayak Health Authority for almost three years. You will often find me in the community or the schools promoting nutrition, diabetes education and awareness and healthy living. I truly love my job that I get to connect with people and share some of the fun ways that we can learn about the foods that we choose to put in our body. Did you know that a can of coke has 10 teaspoons of sugar??!! I have three children and my hobbies include spending time at the lake, camping and gardening.

Physical Wellness 2



Breanna is a Learning Circle Facilitator for physical wellness at Beatrice Wilson Health Centre. Breanna plans events for active living in the community of Opaskwayak Cree Nation. Breanna has accomplished a Healthy Living Training, Cancer Care Community Connector and will be attending more training sessions,

Benefits of Physical Activity-reduces depression and anxiety, Assist in Stress management, Strengthens bones, Improves self-esteem, Improves heart efficiency and much more.

Suggestions for activity can be emailed to Breanna.stoltz@ocnhealth.com or contact her at the Beatrice Wilson Health Centre.

Integrated Care Team #3 Opioid Agonist Therapy Team (Cont’d)

OAT Behavioral Health



My name is Charles Gregoire. I was raised in Thompson, MB since 1968. I am currently a Behavioral Health Clinician with the OAT (Opioid Agonist Therapy) program at Beatrice Wilson Health Centre (OCN). This position gives me great pleasure to be a part of, and I plan to remain until retirement (2035).

On my spare time, I enjoy Fishing, snowmobiling, and traveling the world. My daughter has blessed me with a granddaughter and they occupy much of my thoughts and hopes for a better future for all.

OAT Medical Assistant

Hi, I’m Rhonda, I’m the Medical Assistant for the Opioid Agonist Therapy program. I assist Caitlin, our RN case coordinator of the program. I will soon be joining our Medical Assistant, Cheryl Neveaux on Wednesday Mornings too. I grew up in the beautiful and lovely Thompson, Manitoba. My mother is from Nisichawayasihk Cree Nation (also known as Nelson House) and my father is from Reykjavik, Iceland. I have 3 awesome boys who keep me on toes, luckily with the help of my partner William Grey. I like to keep busy at home, mostly in the kitchen as I love to cook and I love even more to eat!

Integrated Care Team #3 Opioid Agonist Therapy Team

Opioid Agonist Therapy (OAT) is an effective treatment for addiction to opioid drugs such as morphine, heroin, oxycodone, hydromorphone (dilaudid), fentanyl, Percocet, and codeine (Tylenol #3). The therapy involves taking an opioid medication, such as methadone (methadose) or buprenorphine (suboxone). These medications work to prevent withdrawal and reduce cravings for opioid drugs. People who are addicted to opioid drugs can take OAT to help stabilize their lives and to reduce the harms related to their drug use.

OAT at Beatrice Wilson Health strongly encourages self-referral but a referral from a patients' primary care provider is also welcome.

OAT RNCC 1



My name is Caitlin McNeill. I am a member of Mosakahiken Cree Nation and grew up mainly in The Pas. I have been a registered nurse since 2015 and became the Opioid Agonist Therapy RN Case Coordinator 1 at BWHC in January 2019. My role in the OAT program has been one of the most rewarding experiences of my career so far.

We have seen significant success and personal growth in many of our clients since the program began in October 2018. I truly enjoy being a part of their healing journeys. Our program provides support for those struggling with opioid dependency through withdrawal management, counselling, and advocacy.

OAT RNCC 2



My name is Brooke Olson, I was born and raised in The Pas, MB and I have been a Registered Nurse since 2017 when I graduated from the Bachelor of Nursing program at the University College of the North.

I recently began my new career as an Opioid Agonist Therapy RN Case Coordinator 2 at Beatrice Wilson Health Centre this summer, previously I worked on the medical floor at St. Anthony's General Hospital, so this is a new and exciting change for me! I look forward to seeing all the positive changes that the OAT Program brings to our clients lives.

When I'm not working I enjoy spending time outdoors with friends, family and my boyfriend and our two dogs!

Mino-Pimatisiwin Program

The Mino-Pimatisiwin Program is a new program within the mental wellness department at Beatrice Wilson Health Centre. This program is to provide interventions and preventative services to high risk youth who are involved or steering toward illegal activities, such as gang involvement, crime and violence. The target age are youth ranging from 13- 21 years of age. The program will work in depth with the clients and families utilizing traditions, culturally appropriate, holistic ways of life to find/revive "the good life" within the client and their families. The program will create a culturally based, focused, collaborative and comprehensive approach to gang and crime prevention will reduce the rate of gang/crime activity and the impact of gang/crime activity on personal safety and wellness of community members. To do this, three critical goals for success must be developed. The three work together to create successful outcomes. These three goals include cultural adapted interventions, case management and family support. The second goal, case management, will go hand in hand with the work of creating The Hub. The Hub consists of all relevant stakeholders in the community, including health, CFS, education, the RCMP, Justice, Corrections, and others – meeting on a regular basis and working with the case managers to ensure that no youth slips through the cracks but that everyone is aware of who is requiring help and that someone is following that individual.

The third goal is creating a family support system. The Elders have indicated that restoring the family unit is the place to begin this work. The traditional way is to visit in the home environment, build trust and identify the resources and assistance that the family needs to heal and stay together.

For more information, please call Donna Young at 204-627-7410

Mino-Pimatisiwin Program Coordinator



Hi, my name is Donna Young; but when i am introducing myself to the youth, they say, I know who you are, so it's either Wendall's mom, Glenn's mom, Erika's mom or Andi's mom. My parents are Flora and the late Wilfred Young. I am happily married to Harvey Asmus, we have a blended family with 8 children and 9 grandchildren. My husband and I enjoy camping, fishing, hunting, berry picking, boating, and family game nights.

I am a proud member of OCN. I hold a Bachelor of Arts Degree - majoring Native Studies, Certificate of Indian Social Work and a Bachelor of Indian Social Work Degree from First Nations University of Canada. I am employed at Beatrice Wilson Health Center in the Wellness Department as the Mino Pimatisiwin Program Coordinator. The Mino-Pimatisiwin Program is a new program to BWHC. This program is to provide interventions and preventative service to youth through land based activities and teachings from our elders.

Mino-Pimatisiwin Program

Mino-Pimatisiwin

Behavioral Health Clinician



Hi my name is Raj Naik; but when I am introducing myself to the youth, they say, I know you Raj. I am working as a Behavioral Health Clinician, my education background is I am currently a Registered Social Worker with Manitoba College of Social Worker Association, Winnipeg, Manitoba, I have got Master in Social Work from India and Credentials assessed by Canadian Social Workers Association, Ottawa, Canada. I have studied Post Graduation in Human Resource Management from Lambton College, Sarnia, Ontario.

I am happily married to Asha Kiran Naik; we have a 4-year-old daughter Aaradhya Naik and she has Enlighted our life with her beautiful smile and love. I love fishing and travelling with my family around different provinces of Canada. I am really grateful to my parents Gangu Bai and Sevalal Naik for upbringing with good human values and providing the education to me with lot of sacrifices. I have been working in OCN for the past 7 years and I really enjoy working in this community, as I have lot of good people around here and they are very helpful gracious people.

Mino-Pimatisiwin

Case Coordinator



Tansi,

My name is Jeremy Sinclair and I am the new Case Coordinator for the Minopimatasaywin Program here at the Beatrice Wilson Health Centre. I would also like to introduce myself by my spirit name as well, Kasewkeetakoosit Pinisew Napew – Strong Thunderbird Man.

I was born and raised here in Opaskwayak Cree Nation. I come from the Sinclair and Whitehead clans; my father is James Sinclair of Moose Lake and my mother is Helen Sinclair (Whitehead) of OCN. My grandparents were the late Eva Sinclair (Nasecapow) and John and Jessie Whitehead. Having been born into two large families I was fortunate to have learned many valuable teachings and I am certainly blessed to have many family members I can turn to for inspiration.

I am a proud father to my pride and joy, Mr. Braesyn Arthur John Sinclair. He is 7 years old right now and currently in grade 2. My role as a father is one that I take great pride in and I owe a lot of my growth and inspiration to my son.

My goal for the program is quite clear and concise, I wish to help individuals and families in their healing journey and to help them get back to “Minipamatasaywin” – living the good life. I’m very much looking forward to the opportunity and I am excited to help in any way I can.



Community Wellness Department

Counselling Services provided at Beatrice Wilson Health Centre for individuals and families.

services are **Free** to anyone.

Call to make an appointment or get immediate support
204-627-7410 during office hours 8:30am-4:30pm.

Call, Text, OHA Support Line at 204-623-0519 any time.



Beatrice Wilson Health Centre

245 Waller Road P.O Box 10280

Opaskwayak, MB R0B 2J0

Phone: 204-627-7410 Main Fax: 204-623-5496 Support Line: 204-623-0519



CALL OR TEXT
OHA SUPPORT
LINE:
(204)623-0519
For Immediate
Support.