

2018-2020



# Health Department Programs and Services

## DIRECTORY

MUSQUEAM INDIAN BAND

# **MIB HEALTH DEPARTMENT CONTACTS**

## **Health Administration**

Coreen Paul, Program Manager

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Ashlee Point, Administrative Assistant

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## **Community Health & Wellness**

Crystal Point, BScN, RN

Community Health Nurse

Phone: 604-269-3313

[CHN@musqueam.bc.ca](mailto:CHN@musqueam.bc.ca)

Nurse's Assistant

Phone: 604-269-3354

[nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

Merv Kelly, Coordinator

Chronic Disease Management Program

[merv@musqueam.bc.ca](mailto:merv@musqueam.bc.ca)

Wanda Stogan & Vanessa Stogan

Brighter Futures Breakfast Club

Phone: 604-269-3465

Brenda Campbell, Elders Coordinator

Phone: 604-263-6312

[elders@musqueam.bc.ca](mailto:elders@musqueam.bc.ca)

Charlene Campbell,

Safe Drinking Water Program Monitor

Janice Carroll, RCAT

Art Play Therapist

[jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca)

Abigail Speck

Youth Outreach Centre

Phone: 604-269-3465

[youthcentre@musqueam.bc.ca](mailto:youthcentre@musqueam.bc.ca)

## **National Native Alcohol & Drug Abuse Program**

Cyndi Bell, NNADAP Worker (D&A)

Phone: 604-269-3454

[nnadap@musqueam.bc.ca](mailto:nnadap@musqueam.bc.ca)

Brad Morin, NNADAP Worker (D&A)

Phone: 604-269-3454

Cell: 604-652-1368

[nnadap.bmorin@musqueam.bc.ca](mailto:nnadap.bmorin@musqueam.bc.ca)

## **Musqueam Home Care Program**

Romeo Julito Cosio, BScN RN

Home Care Nurse

Phone: 604-263-6539

[homecare@musqueam.bc.ca](mailto:homecare@musqueam.bc.ca)

## **Certified Home Care Attendants:**

Pearl Caouette, HCA

Ana Cujaro, HCA

Rita Jovita, HCA

Tracy Sparrow, HCA

## **Musqueam Primary Care Clinic**

Dr. Michael Dumont, MD, CCFP

Family Physician

Phone: 604-266-0043

[gp@musqueam.bc.ca](mailto:gp@musqueam.bc.ca)

Karen Chandra, NP

Nurse Practitioner

Musqueam Primary Care Clinic

Phone: 604-266-0043

[nursepractitioner@musqueam.bc.ca](mailto:nursepractitioner@musqueam.bc.ca)

Mackenzie Gomez

Medical Office Assistant

Phone: 604-266-0043

[moahealth@musqueam.bc.ca](mailto:moahealth@musqueam.bc.ca)

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# HEALTH PROGRAMS AND SERVICES

## *Role of the Health Department*

The Musqueam Health Department works to provide all members access to basic health, mental health, home and community care to help them live healthier, longer lives. By providing both health promotion and prevention programs, we encourage members take charge of their health through education, information and teaching, so that they are better equipped to avoid disease, and complications of chronic illnesses.



In 2015, Musqueam Indian Band entered into a new 10-year funding agreement with the First Nations Health Authority for the delivery of a number of essential health programs and services to the Musqueam community.

Some of these programs and services are described in more detail in this Directory and include:

- Increasing access to primary care services through a Doctor and Nurse Practitioner clinic on-reserve
- Providing Home and Community Care services including nursing assessments and personal care
- Leading community based health prevention/promotion programs including nutrition, mental health, drug and alcohol addictions, pre and post-natal care, Girls Club (capacity building), community health nursing (annual flu clinic, audiology, dental screening, etc.)
- Providing access/liaison with band members for the First Nations Health Benefits program (formerly Non-insured Health Benefits) such as prescription drugs, glasses, dental, audiology, orthotics, medical supplies and equipment
- Working with the various levels of governments and agencies on emergency preparedness



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## *Musqueam Primary Care Clinic*

The Musqueam Primary Care Clinic provides the full range of primary care services to the Musqueam Indian Band members. The clinic is located in the Elders Centre building and serves to enhance access to Musqueam members that otherwise might be challenged to find primary care.

A Doctor and a Nurse Practitioner are available to be seen by appointment and/or drop-in five days per week to provide routine primary care, as well as screening and comprehensive care for chronic diseases such as diabetes, high blood pressure, obesity and many other conditions. They can also provide immunizations, well-child and well-baby checks, flu shots, write prescriptions and send you for tests.

The Doctor and Nurse Practitioner can be reached weekdays in the Elders Centre building, at (604) 266-0043, or by email to the Medical Office Assistant to make appointments.

[moahealth@musqueam.bc.ca](mailto:moahealth@musqueam.bc.ca)





## Community Health Nurse

The Community Health Nurse (CHN) plans and delivers health promotion, disease prevention programs and conducts health screening in the community. Programs are developed in collaboration with community members and other members of the health department team. The CHN role includes:

- Engaging with community members to determine health priorities
- Developing and delivering health promotion and disease prevention programs for all ages
- Providing screening, health advice and counselling to community members (individually or in groups)

The CHN can be reached from Monday- Friday at (604) 269-3313 or by email at: [chn@musqueam.bc.ca](mailto:chn@musqueam.bc.ca)

Nurse's Administrative Assistant is available at 604-269-3354 or by email at: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

## ***Musqueam Home and Community Care***

The Musqueam Home and Community Care Program provides basic Home and Community Care services designed to be comprehensive, culturally sensitive, accessible, effective and equitable to that of other Canadians and which respond to the unique health and social needs of First Nations communities. The Program is a coordinated system of home and community based health-related services that enable people with disabilities, persistent or acute illnesses and the elderly to receive the care they need in their home communities.

### **Musqueam Home Care Team**

The Musqueam Home Care Team is a cohesive, self-managed team of responsible and certified healthcare professionals advocating for safe, timely and culturally appropriate care services for eligible community members with assessed needs, for a better and enhanced quality of home and community life. We are a caring and learning organization of healthcare workers aiming to promote the values and ideals of a proud and healthy Musqueam community.

### **Health Programs and Services**

The Home and Community Care Team provides essential and supportive services to the MIB community. These services are designed to provide support to people living in the community. It aims to keep clients remaining independent in their own home as long as possible through:

- a structured client assessment process that involves identifying care needs and allocating services
- a managed care process that includes referrals and linkages to other professional services
- a system of delivery of home support personal care services like bathing, showering, dressing, grooming, transferring, care of bedbound clients like turning, back rubs and routine skin care, etc.

If you have any queries please contact:

Romeo Julito Cosio, R.N.

Home Care Nurse

Phone: 604-263-6539 Email: [homecare@musqueam.bc.ca](mailto:homecare@musqueam.bc.ca)



## ***Brighter Futures Breakfast Club***

Delivering culturally appropriate and holistic community-based projects and programs to community members in child development, injury prevention and parenting skills. Assist children and parents to develop positive attitudes, values and skills that have roots in their cultural heritage offered through the Breakfast Life Skills program.

## ***Youth Centre and Youth Outreach***

The Youth Centre is located in the Musqueam Community Centre and offers capacity building activities to Musqueam youth to promote healthy lifestyles and develop self-esteem through cultural awareness, cultural teachings, educational workshops, study groups and physical activities.

The Youth Centre is open all year round from 2.00pm-9:00pm during the school year and 9.00am-9:00pm in the summer months.

Youth Centre, Drug and Alcohol Prevention

Phone: 604-269-3465

Email: [youthcentre@musqueam.bc.ca](mailto:youthcentre@musqueam.bc.ca)



## Art and Play Therapy

Arts Therapy is a type of counselling where clients are encouraged to engage in a creative process. Using the arts as a tool for safe exploration and resilience, clients can express emotions, address challenges in their lives and discover new resources.



Arts Therapy offers a supportive environment for children and youth. Sessions include a range of creative methods like visual art making, storytelling, music, movement, play, photography, and therapeutic conversation. No experience in the arts is required to enjoy the full benefits of this work. The sessions follow the individual needs and interests of each client so every experience looks different.

If you are interested in Arts Therapy sessions for yourself or your child, Janice can be reached at 604-263-3261 or Email: [jcarroll@musqueam.bc.ca](mailto:jcarroll@musqueam.bc.ca)



## *Chronic Disease Management*

This community-based program delivers services and activities that aim to reduce the rate and improve management of chronic diseases such as type-2 diabetes, heart disease, and cancer among First Nations and Aboriginal people.

The key objective is to improve the health and wellness of individuals, families and communities through promotion of healthy living and supportive environments (important for the prevention of all chronic diseases) and specifically, to reduce the prevalence and incidence of diabetes. Focus is placed on addressing healthy eating, food security, physical activity and healthy weights, as well as increasing awareness of diabetes, its risk factors and complications and supporting diabetes education, screening and management.



## *NNADAP/Drug and Alcohol Counselling*

The National Native Drug and Alcohol Abuse Program (NNADAP) service provides addiction counselling, assistance with referrals to residential treatment centres, contact information for outpatient addiction services, support and resources for substance users and their families.

The program offers interactive workshops to youth and adult community members and also provides educational material around relapse prevention and recovery. Aftercare activities, aimed at preventing alcohol and drug abuse problems from reoccurring, include:

- Counselling
- Workshops and discussion groups
- Crisis intervention
- Treatment referrals
- Detox referrals
- Social service referrals (outpatient)

Cyndi Bell

Office Hours are: Mon, Tues, Thurs: 9.30am-4.30pm

Weds: 12.00pm – 7.00pm | Fri: 9.00am – 4.00pm

Phone 604-269-3454 | Email: [nnadap@musqueam.bc.ca](mailto:nnadap@musqueam.bc.ca)

Brad Morin, NNADAP Worker

Hours: Weds, Thurs, Fri. 6-9pm, Sat. & Sunday: 1pm –4pm

Phone 604-269-3454 | Email: [nnadap.bmorin@musqueam.bc.ca](mailto:nnadap.bmorin@musqueam.bc.ca)

Cell: 604-652-1368



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## OTHER HEALTH RESOURCES

Vancouver Coastal Health (VCH) is responsible for all of the hospital, community, public, and mental health services throughout Vancouver, Richmond, the North Shore and Coast Garibaldi, Sea-to-Sky, Powell River, Central Coast, and the Sunshine Coast. They are committed to supporting healthy lives in healthy communities.

Teams of health service providers based at several Community Health Centres provide a range of health care services in a single location, including access to public and community health nurses, mental health and addiction counsellors, dental clinics for children, speech therapists, nutritionists, youth drop-in health clinics and more. These health care providers work together to meet the comprehensive health needs of local residents.

For more information, contact your local VCH Community Health Centre:

**Raven Song Health Centre**

2450 Ontario St  
Vancouver, BC  
Phone: (604) 709-6400

**Pacific Spirit**

2110 W 43<sup>rd</sup> Ave  
Vancouver, BC  
Phone: (604) 261-6366

## MEDICAL SERVICES PLAN BC

Medical Services Plan (MSP) is the provincial government program that provides basic medical benefits. For example, MSP pays for medically required services of physicians and surgeons. As of July 2, 2013, individuals who are Registered Indians under the Indian Act and residents of B.C. are enrolled through the First Nations Health Authority (FNHA) who will enrol and administer MSP under the B.C. First Nations Tripartite Framework Agreement on First Nation Health Governance.

For more information please contact:

First Nations Health Authority  
Health Benefits Department  
Have your status card and Care Card ready  
Vancouver 1 (888) 321-5003

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# LOCAL HEALTH PROFESSIONALS

The following Health providers are familiar with FNHA Health Benefits (formerly Non-Insured Health Benefits or NIHB) for First Nations people. To access these services, please contact their offices to make an appointment. Please note prior approval is needed by FNHA Health Benefits.

## Pharmacies

### Southland Pharmacy

3554 W 41st Ave, Vancouver  
604- 266-2882

### Shoppers Drug Mart

4326 Dunbar St, Vancouver  
Phone: 604-732-8855

### London Drugs

2091 W 42nd Ave, Vancouver  
604-448-4810

## Optometrists

### False Creek Eye Care

*(No extra cost for eye exams)*

Dr.Gerard Gauthier  
104- 805 West Broadway  
Vancouver, BC  
604-872-4411

### Vision West (In Superstore)

*(No extra cost for eye exams)*

333 Seymour Blvd.  
North Vancouver, BC  
604- 904-5541

### Dunbar Eye Care

Dr.Caroline Kriekenbeek  
#2-3554 West 41<sup>st</sup> Ave  
Vancouver BC  
604-263-8874

## Dentists

### Southland's Dental Group

3579 W.41st Ave, Vancouver  
604-266-6232

### Kerrisdale Denture Clinic

2152 W.41<sup>st</sup> Ave  
Vancouver  
604-263-7478

# ***DOCTOR'S OFFICES***

## **Musqueam Primary Care Clinic**

Musqueam Elders Centre

Phone: 604-266-0043

Call to make an appointment

## **Seymour Medical Clinic**

1530 7th Ave W, Vancouver

(604) 738-2151

Monday to Friday 8am-6pm

Saturdays 9am-3pm

## **Southland's Medical Centre**

Suite 110-3540 W. 41<sup>st</sup> Ave.

Vancouver

Ph: 604- 261-6361

Monday-Friday 10am-7pm

# ***COMMUNITY HEALTH CLINICS***

## **Pacific Spirit Community Health Centre**

2110 West 43<sup>rd</sup> Avenue Vancouver

604- 261-6366

Mon-Fri 8.30am – 4.30pm

## **Raven Song Community Health Centre**

2450 Ontario St, Vancouver

604-709-6400

Mon-Fri 8.30am – 4.30pm

Nurses Hotline 811

**In case of Emergencies call 911**

# HEALTH BENEFITS

As of July 2, 2013, the First Nations Health Authority (FNHA) began receiving transfer payments from Health Canada to administer the Non-Insured Health Benefits (NIHB) program. The FNHA Health Benefits Program provides eligible First Nations people with a specified range of medically necessary health-related goods and services when they are not covered through private insurance plans or provincial/territorial health and social programs.

Health Benefits include:

- Dental Care
- Eye & Vision Care
- Medical Supplies & Equipment
- Medical Transportation
- Medication/Prescription Benefits
- Short Term Crisis Counseling



Eligibility for the FNHA Health Benefits Program extends to all First Nations people that are resident of British Columbia and have a status number. Residency is defined as having an active BC Health Care Card and living in BC.

## Contact Details

### First Nations Health Authority

#### General Contact information

BC Region (toll free) 1 (800) 317-7878

757 West Hastings Street, Suite 540, Vancouver, BC V6C 3E6

Phone: 604- 666-3331

Fax (toll free): 1 (888) 299-9222

#### Dental

(604) 666-6600

(toll free) 1 (888) 321-5003

Fax: (604) 666-5815

#### In-person inquiries

1166 Alberni Street,

Room 701

Vancouver, BC

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6735 Salish Drive Vancouver V6N4C4

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# ***CONTACTS FOR HEALTH SERVICES***

## **Ambulance, fire, police**

Phone: 911

## **BC NurseLine** (available 24/7)

Call BC NurseLine to speak to a registered nurse 24-hours or a pharmacist from 5 p.m. to 9 a.m. every day.

Phone: 811

Deaf or hearing-impaired: 1 (866) 889-4700

Web: [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

## **Poison Control**

Phone: 1(800) 567-8911

## **BC Health & Seniors Info Line**

Toll-Free: 1 (800) 465-4911

## **Government of Canada: Toll-Free Connection to all Federal Programs and Services**

O-Canada (1 800 622-6232)

## **Enquiry BC: Toll-Free Connection to all British Columbia Provincial Programs & Services**

Vancouver: (604) 660-2421

## **Counselling**

Rebecca Rafael, MA MSW RSW

Individual, Couple, & Family Therapy

Phone: (604) 730-9993

Judith Simmonett, BEd MA RCC

Registered Clinical Counsellor

#101-2145 W. Broadway, Vancouver

Ph: (604) 263-5278

Dr. Barbara Harris, PHD, MSW

914-470 Granville St., Vancouver

Ph: (604) 688-7717

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6735 Salish Drive Vancouver V6N4C4

Phone: (604) 263-3261 | Fax: (604) 263-4212 | [www.musqueam.bc.ca](http://www.musqueam.bc.ca)

**Crisis Services – after hours**

BC Crisis Line: (604) 872-3311

MCFD Afterhours: (604) 310-1234

Indian Residential School Survivors: 1 (800) 721-0066 or 24hr Crises Line 1 (866) 925-4419

**Access Central:**

9:00 am – 9:00 pm, 7 days a week

Services provided include: Detox/Daytox, youth residential detox and addiction housing.

Toll Free: 1 (866) 658-1221

**Ministry of Health, Alcohol & Drug Information and Referral Services**

(Available 24/7)

Toll Free: 1 (888) 663-1441

**SAFER (Suicide Attempt Follow-up, Education and Research)**

Community-based outpatient counseling service

Robert and Lily Lee Family Community Health Centre

1669 Broadway E

Vancouver, B.C. V5N 1V9

Phone: (604) 675-3985

Hours of operation: Mon - Fri, 8:30 a.m. - 4:30 p.m.

**Crisis Intervention and Suicide Prevention Centre**

Confidential, free emotional support 24 / 7 for people experiencing feelings of distress or despair, including feelings relating to suicide.

Phone: (604) 872-3311

Deaf or hearing-impaired: 1 (866) 872-0113

**Youth in BC Distress Line**

24-hour distress line staffed by counsellors and trained volunteers who are committed to helping youths in crisis.

Phone: (604) 872-3311

**BC First Nations Treatment Programs**

For information of various treatment facilities and programs

Head Office: 1 (866) 913-0033

**BC Bereavement Helpline 1 (877) 779-2223**

Helping the people of BC cope with grief



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