



Promoting Wellness & Providing Support During COVID-19

Summary Notes

March 27, 2020 via Teleconference

1. Welcome and Opening Prayer

- a) Opening Prayer: Dr Ed Connors
- b) Dr. Brenda Restoule- provided welcome and opening remarks.
 - FPWC supports MWT across the country
- a) Housekeeping reminders for all calls:
 - please do not put your telephone on HOLD as it will beep and interrupt the call
 - please put your telephone on MUTE until you would like to ask a question or share. There are many people on the line today and back ground noises are easily picked up

2. Resources

- a) FPWC have created 4 information sheets for the MWT's and are available on our website:
 1. Mental Wellness During COVID-19: For Community
 2. Mental Wellness During COVID-19: For Parents & Children
 3. Mental Wellness During COVID-19: For Elders & Seniors
 4. Mental Wellness During COVID-19: For Health Professionals
 - Each resource is 2 pages in length and available on our website: www.fpwc.ca
 - These resources can be shared with everyone
 - French resources are in translation and will be available shortly.
- b) FPWC are looking for resources you may be using in your communities you would be willing to share. FPWC could share with the other teams and add to website for ease of access.
 - If you have resources you would like to share please send them to anne.duquette@fpwc.ca
- c) FPWC has participated in the virtual Town Hall with First Nations Health Managers Association, Indigenous Services Canada and Thunderbird Partnership Foundation. Link to the replay for the Town Hall can be found on our website www.fpwc.ca

3. We want to hear from you

What are some resources we can provide to you for mental wellness?

Send us an email with your ideas/topics/subjects you would like more information on: anne.duquette@fpwc.ca

4. What kinds of things have you been doing to support community Members?

Lawrence House – Since onset of COVID-19 – working with the Elders, they experience more risk with isolation.

- A lot of people returning to the land
- Health board has been communicating the measures as people to take isolation
- The road is being monitored
- Considering the vulnerable of our population, pre-existing conditions
- Sharing medicines, purify the house, making teas
- Complimenting approach
- Be of good mind about this, don't create the anxiety within
- We continued our rights of passage (practiced physical distance)
- Reminders of Importance "to be of good mind"

- Opportunity to reflect, individually and collectively
- Every 3rd day there is an update from Public health and Leadership
- Be conscientious of everything
- *14 day self quarantine or self isolating in affect if you leave community for anything

William

- Challenge: some of people do not have the means to go out on the land, there are sometimes costs like fuel, purchase of equipment/tools
- Trying to access some funding to help with them – mental health
- We are working on Pandemic plans
- 24-7 primary care/already stressed, to many uncertainty's every day it changes
- We put measures in place to try to get nurse to alternate and take breaks
- We are only providing emergency measures only

Brenda

- FNIHB is being very “flexibility” allowing them to rollover- see [FNHMA Town Hall](#) for more information **provided by Dr. Valerie Gideon**
- Addressing Covid-19
- Get in touch with your FNIHB Regional Reps

Imelda Perley -New Brunswick

- Thank you for ceremony prayer and hosting this FPWC
- Regular checking for elders, leave packages – tea bags/hand sanitizers/fruit on their doorsteps weekly
- I do a self care unit
- Isolation is a self-care “gift”
- Support our students
- Preparing muskrat root
- Preparing packages of cedar, sage, muskrat root and stone for Elders, colleagues deliver
- Bear fat medicines – gift them for stamina – put it on your heart
- Secret bundle
- We are doing a lot of video – kind of curriculum to help students
- How do we handle our emotional, “wooden bowls” comes from the maple tree – stamina “water our emotions” talk to the water – give it to our grandmother moon
- Sharing
- Drums – echoing along our territory
- Pipes (sacred) make the offering - frontline workers

Barb Martin- New Brunswick

- Using conference calls will all levels- RHA, FNIHB, to get across the silo's
- We are using different applications ie. Zoom, Skype, Facebook, teleconference. This is a new reality and must connect in different ways. However, must be careful as privacy and security can be an issue
- Post in the Regional health networks – interested in best practices
- How can we make that connection with medicine?
- Opportunities with MWT's
- Create access with jurisdictional lines
- Provide best practices learn

Dr. Ed Connors-

- Connect together in better ways of technology
- Getting the assistance of the technology

Jean- Ontario

- We are trying to work on something for frontline workers, to have access to speak with Elders or social workers we are hoping to get out soon.

5. How are you using virtual platforms? Who has pre-existing platforms?

- Teleconferencing/Zoom – private secure sites
- Are you aware Ontario – telehealth offering free private session for workers with their clients Health professionals
- Does anyone have free virtual private sessions – virtual care or through telehealth site?

Barb Martin-

- MWT's are part of these sites (NB) privacy
- Nova Scotia -MWT's are part of the circle of care

Imelda-

- Microsoft team worked well for us we connect with each other, not sure of security of Microsoft team platform

Stephanie of Manitoba-

- Launched a website "virtual" assigned to a worker for mental health
- Manitoba Health Professionals running it in 2 weeks
- Article mental health supervision
- Online virtual support

Dr. Brenda Restoule-

- FPWC working on supports for MWT's on costing out what might be for MWT's connected to First Nations get onto a tablet or laptop (notebook)
- If you are interested in platform interest, please email anne.duquette@fpwc.ca
- We are costing it out for a virtual platform

Barb Martin-

- Interested
- Understanding – defining that 2eyed seen approach
- Include our own version
- Indigenous style
- Utilizing our own technology/then going to need support
- "concepts of security/privacy/ we have to be clear in clear terms
- Privacy/accessing unknowingly
- Clear in community in a safe way
- Why do we mean by security?
- MW professionals in our community knowledge keepers
- We do have telehealth: Challenge – might not have an "IT person"

Jean- Ontario

- Talking about group chats with linking Health Professionals
- Elders and Healers who can offer that support for end of life
- “End of Life” now are we going to link them

Imelda Perley- New Brunswick

- We have been pushing here in New Brunswick with palliative care to be part of the training
- There is a gap for our future
- Can't go visit because of covid-19 – treaty rights, push hard

Dr. Brenda Restoule-

- Indigenous community-based funds
- Urban – request for funds of the development
- Community support fund application – indigenous service – website
- Covid-19 First Nation community guide- information on additional funding available for communities

6. Are you interested in another?

- Yes, would like to continue our discussion on what people are doing in their communities at this time, to support while in isolation
- Further discussion around web base platforms for supporting others
- Please share idea of what you would like to have as topics, subjects for upcoming call.

Interested in joining for next Friday, April 3, 2020 at 1:00 to 2:30 pm.

Resources are being posted to FPWC website- www.fpwc.ca

Dr. Ed Connors-

Closing of meeting

Ended at 2:49 p.m.