

**Preparing for
the 5-Year
Community
Resiliency Plan
Session # 4**



**Kanaka Bar
Indian Band**

HEALTH

**‘Healthy people make healthy families who
make healthy communities’**

INTRODUCTION AND BACKGROUND

Pre-contact (Before 1808)

Colonization introduced diseases like smallpox and tuberculosis which took toll on Indigenous populations and created an imbalance between traditional health care systems. Then there was the Indian Act which restricted Indigenous culture, spirituality practices, health and education systems.

Recovery (1970s - 2012)

Kanaka utilized the lands for physical, mental, emotional and spiritual well-being for over 7,000 years. Through active lifestyle, traditional diets, ceremonies, healing, and spiritual practices, the community enjoyed an overall good health and wellness.

Contact (1808 - 1970s)

Activism, legal cases and social changes decreased direct control of colonial governments and missionaries over lives of Indigenous people. Health services were now provided by Health Canada and subsequently First Nations Health Authority.

2012 Onwards....

In 2012, Kanaka Bar and Nicomen Band set up SKeesht Health Society to provide health services, funded by Health Canada, to both communities. In the following year, Kanaka Bar decided to provide more localized services and established a new Health Department with support from First Nations Health Authority. In 2015, Kanaka Bar signed a multi-year contribution agreement to deliver services described below to community members living on-reserve.

Prenatal Nutrition Program

Children’s Oral Health Initiative

Diabetes Initiative

Health Promotion and Injury Illness Prevention

Brighter Futures

Mental Health Crisis Management

Solvent Abuse Program

Alcohol and Drug Abuse Program

Home and Community Care

HIV/AIDS Program

Drinking Water Safety Program

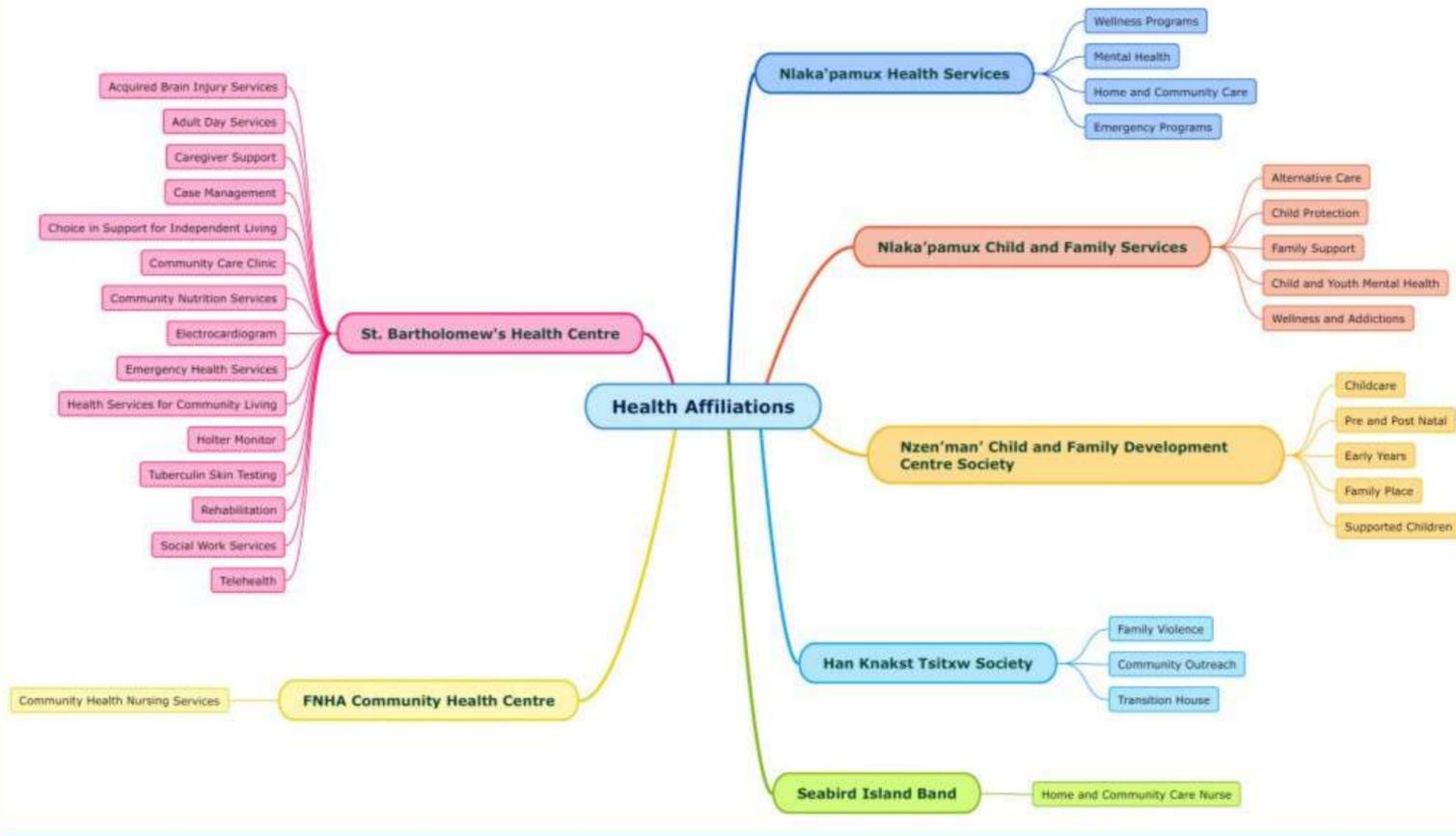
Medical Transportation

OUR CURRENT PRIORITIES

Kanaka Bar's overall objective with respect to community health and wellness is to:

Implement individualized and communal programs – on an ongoing basis to young children, youth, adults, and elders.

Adequately staff Health Department – build managerial and front-line staff's capacity for program planning, delivery, management and reporting to funding organizations.



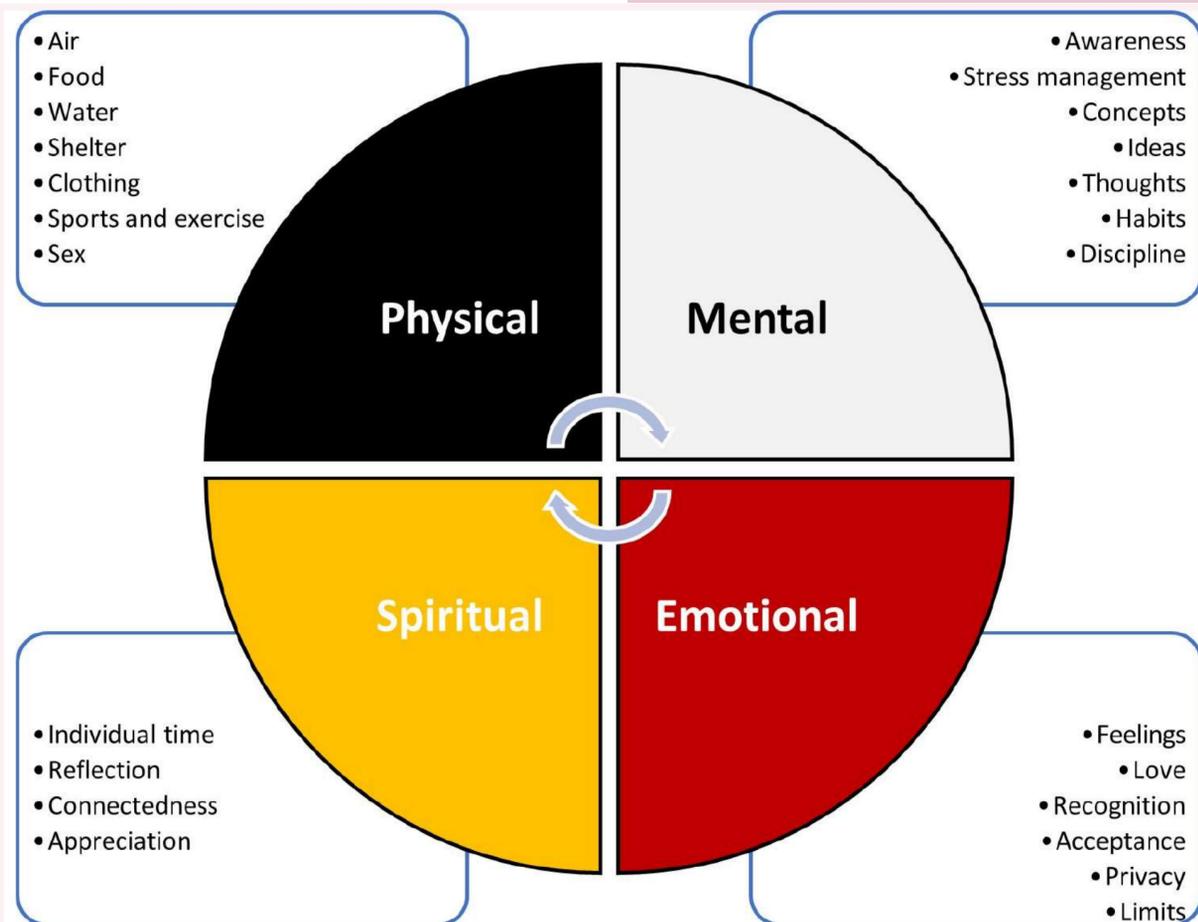
OUR APPROACH

Kanaka Bar's perception of health has always been **holistic**. It relates to investments of resources in areas such as, but not limited to:

- food
- water
- work
- culture
- family
- community

By respecting elders, caring for people, and coming together in a crisis situation, Kanaka Bar aims to strengthen the community.

Kanaka Bar's approach to overall health and wellness can be found in the concept of medicine wheel as seen in the diagram on right.



OUR FOUNDATION

Establishment of a community-based Health Department has provided the community with a new asset, locally available services, a community-based health plan and opportunities for community members to expand their careers in different healthcare fields.

However, there are unique challenges:

- Lack of senior level managers
- Difficulty retaining front-line staff
- Lack of trust and confidence in community members
- Limited delivery of services causing funding surpluses

WHAT'S NEXT

Our team has put together some key discussion questions for your input at the upcoming CRP Engagement Session on **December 9, 2020 at 5 p.m.** We hope that you will take some time to review these questions in advance of our virtual gathering:

- What does health mean to you?
- Do you have any ideas on how to improve our community's physical, mental, emotional and spiritual well-being?
- Do you have suggestions on how Kanaka could improve health services in the community?
- Are there ways we can better support member's access to health services outside of Kanaka?
- Are there any projects that we could do to promote healthy lifestyle for infants, children, youth, adults and elders?
- What do you need from us to support you with the health facilities at Kanaka?



Kanaka Bar Indian Band

Join us on Wednesday, December 9, 2020 at 5 p.m. (PST) via Zoom by [registering here](#)

For questions, comments or assistance regarding Zoom, please contact Engagement@kanakabarband.ca