



First Nations Health
Directors Association

Sharing experience for community wellness

Staying Well and Balanced Together

Inspiration Awards **2016**



SEPTEMBER 28TH, 2016

Gala Formal Dinner

6PM GRIZZLY ROOM

6:00 - 6:30

Gala Formal Dinner

Virginia Peters, Interim Elder Advisor, FNHDA
Lauren Brown, Northern Representative, FNHDA

6:30 - 7:30

Inspiration Awards & Honoring Ceremony

Keith Marshall, Vice-President, FNHDA
Lauren Brown, Northern Representative, FNHDA

7:30 - 8:00

Special Cultural Performance

Wii Gisigwilgwelk (Big Northern Lights) Dancers
Lauren Brown, Northern Representative, FNHDA

8:00 - 8:15

Closing Prayer

Virginia Peters, Interim Elder Advisor, FNHDA



FNHDA Inspiration Awards 2016

On behalf of the First Nations Health Directors Association membership and Board of Directors, we extend our congratulations to all of this year's outstanding award recipients.

Rosemary Stager

Health Director, Southern St'atl'imx Health Society



Rosemary Stager is the recipient of the 2016 Inspiration Award for *"Grounding Work Within Culture and Tradition."* Originally from Lil'wat Nation, Rosemary has held the position of Health Director at Southern St'atl'imx Health Society (SSHS) for the past two years, where she serves the four Southern St'atl'imx communities.

As her nominating colleague notes, "Rosemary's commitment to ensuring that all SSHS staff embrace culture and tradition is a wonderful foundation for our daily work and provides us with a way of learning and sharing opportunities for growth."

In just two years, Rosemary has overseen a number of innovative wellness initiatives—always grounded in culture. One of the most popular projects that she's worked on is a men's health group, which holds regular outdoor meetings. At these gatherings, men from Southern St'atl'imx and their surrounding communities share teachings, hold health interventions and support each other to reconnect with their land and cultures.

Another of Rosemary's major achievements is SSHS' upcoming move to a new building in Mount Currie that is wheelchair accessible and includes an updated kitchen for hosting canning and preserving programs as well as nutrition sessions for diabetics.

"My grandmother was a health director back in the day, in the more traditional sense—she was a midwife and medicine woman. She told me stories," says Rosemary. "Just being exposed to what I know we were like before contact, what she taught me. We were about self-care and prevention and love for families was a big part of our lives. I would really like to see our communities get back to traditional wellness and change our story now."



FNHDA Inspiration Awards 2016

Lucia Bartleman

Health Manager, Pauquachin First Nation



Lucia Bartleman, a member of Tsartlip First Nation, is the recipient of the 2016 Inspiration Award for *“Providing Health and Wellness Leadership for the Community.”* She was nominated for this award by her colleagues who want to recognize her 20 years of work as Health Manager for Pauquachin First Nation, where her “dedication, vision and commitment to the delivery of exceptional health services” has had a profound impact on the community.

With two decades of service under her belt, Lucia has led the development of many of the health and wellness programs that currently run in Pauquachin. Among her major achievements, Lucia oversaw the development of a popular Diabetes Circle support group; monthly delivery of Good Food Boxes to every family in the community; and the renovation of Pauquachin’s community kitchen, where they hold Elders’ meals and children’s after-school programs. She has also collaborated with Tsartlip and Tseycum First Nations on a successful Head Start Program, now in its fifteenth year.

Lucia herself notes that one of the most positive changes she’s seen over the past 20 years is the increase in families and youth participating in community wellness events. And from their annual Pauquachin Days festival to spring break and summer field trips, there are plenty of exciting events for families and youth to get involved in.

As Lucia shares, “To be in a job as long as I have, you have to have the passion for the people and the community. I care a lot for these people. I love them. I want to see positive change. Maybe I can’t do it all at once, but I have seen positive change. It’s been an awesome 20 years.”



FNHDA Inspiration Awards 2016

Terrie Davidson

Health Director, Boothroyd Indian Band



Terrie Davidson, Health Director for and member of Boothroyd Indian Band, is the recipient of the 2016 Inspiration Award for *“Providing Informed, Technical Advice.”* As her colleagues in the Fraser Salish Region note, “Terrie ensures a person-centered experience of care that is holistic, integrated, coordinated and accessible [...] She builds teamwork and expertise by improving communications between community leadership, health and other service delivery teams.”

Terrie has worked for her community since the 1990s, wearing a number of hats, from Health Director (since 2012) to Band Manager and beyond. Terrie has thrived as Boothroyd’s Health Director, creating many exciting wellness initiatives. Her many achievements include the development of Phillip Campbell Healing House, where community members can join healing circles and participate in arts and crafts, nurturing their mental, physical, spiritual and emotional health.

She also champions a collaborative approach to all health and wellness projects by partnering with the 32 Fraser Salish Communities as well as other community services and the Regional Health Authorities.

Above all, Terrie says, “The one thing that brightens my heart is I really work for the youth programs and initiatives.” Among this work, she notes the efforts she’s led in suicide prevention for youth, including a recent regional Youth Gathering in Chawathil to develop tools and strategies for prevention, intervention and postvention. Young people from across the region played an active role in the event’s planning and support—ensuring that it represented their needs. As her nominating colleagues shared, “Terrie is a true advocate for the youth.”



FNHDA Inspiration Awards 2016

David Bob

Health Director, Nanoose First Nation

Inspiration Award recipient for “Establishing and Maintaining Beneficial Partnerships.”



David Bob is the recipient of the 2016 Inspiration Award for “Establishing and Maintaining Beneficial Partnerships.” He has spent 12 years working as Health Director at Snaw-Naw-As Health Centre in his home community of Nanoose First Nation.

“David is a person who believes in connecting and working with people to support each other,” notes a fellow health lead. As a Health Director, David prioritizes his relationships both with community and the health organizations he actively partners with. One of his most successful partnerships was with Nanaimo Regional District to provide transportation for Elders through Nanaimo’s Handy Dart bus service. “Prior to this, Elders had limited independence and had to search for transportation to attend medical appointments or health programs off reserve,” writes his colleague.

David has also maintained a great relationship with the Vancouver Island Health Authority to secure addictions and mental wellness support, youth counselors, NNADAP workers and other resources. In addition, he engaged part-time services in the community from doctors, nurses, massage therapists, fitness trainers and more.

On his first day in office, Nanoose First Nation did not have a dedicated health building, remembers David. But, after following up continuously with Health Canada, Nanoose received their health centre in 2011. It is this determination that truly sets David’s work apart.

Due to the strong relationships that David fosters, the community has seen many new opportunities and even receives interest from nurse practitioners to volunteer with the community. As David shares with pride, “Ten years ago we were pounding on doors; now people are knocking on our door.”



FNHDA Inspiration Awards 2016

Jennifer Nelson

Health Director, Quatsino First Nation

Recipient of the Providing Effective Health Administration



Jennifer Nelson is the recipient of the 2016 Inspiration Award for *"Providing Effective Health Administration."* Jennifer was born and raised in Quatsino First Nation. Before Jennifer became Health Director five years ago, she'd been the community's Community Health Representative for ten years.

According to her staff and community, Jennifer is a truly remarkable health leader and her dedication to her community is astonishing. Her leadership style is to encourage her health team to promote creative programs, services and activities in a culturally appropriate manner.

Jennifer is inspired by working for and with her community. Helping community members the best that she can gives her great satisfaction. "I love my job ... it's so satisfying. I'd do this work anyways," says Jennifer.

Her biggest inspiration comes from her family. Jennifer's aunt and grandmother, both former leaders in Quatsino, had calm demeanours and modeled how to manage challenging situations. Both her mother and her husband have provided tremendous day-to-day support.

This summer Jennifer and her team organized a life skills camp for youth in Roberts Lake, an idyllic location removed from the distractions of daily living. The youth experienced cedar baths, learned about plants and traditional medicine, made teas, did drumming and canvas painting. "The camp was very empowering for youth. They felt proud and sure of themselves. I was a joy to witness." says Jennifer.

The seven-person Quatsino health team makes Jennifer proud. "We have really good working relationships within our department and the team work here is amazing. No one hesitates to help each other out."

FNHDA Inspiration Awards 2016

Kelvin Fehr

Health Director, Prophet River First Nation



Kelvin Fehr is the recipient of the 2016 Inspiration Away for *"Providing Health and Wellness Leadership for the Community."* He has dedicated most of his adult life to working in First Nations communities and organizations.

One and a half years ago, Kelvin embarked on his role as Health Director at Prophet River First Nation. According to his community, Kelvin has supported traditional cultural practices at prophet River and has made the focus of traditional approaches to wellness a top priority. He also has a reputation as a highly accessible manager, one who provides thoughtful advice and timely assistance.

The people in his community are an inspiration for Kelvin. "Having good relationships with people in community is the most important thing for me," he says. "In order to do my work well, I really need to be in touch with the people that I'm serving."

Kelvin is currently working on addressing the huge gap in services provided to individuals once they've completed substance abuse treatment. He is working to partner with all First Nations in Treaty 8 and with FNHA on an initiative that will improve services post-treatment for his community and other First Nations. He is also turning his focus to pre-treatment by shining a light on Addictions Awareness Week this November.

Kelvin feels proud when he notices an improvement in the happiness or satisfaction of the people of Prophet River. "That's what I keep my eye on," he says. "When community members come into my office to talk ... when they trust me enough to confide in me ... those are things that make this job so meaningful."



FNHDA Inspiration Awards 2016

Victoria Russell

Health Director, Gitwangak Health Authority



Victoria Russell, a member of Gitsegukla, is the recipient of the 2016 Inspiration Award for *"Participating Actively in Professional Development and Continuous Learning."* Though Victoria began her work as Health Director for Gitwangak Health Authority in November 2015, she has spent more than 20 years working in the health field for Gitxsan communities—and she is passionate about her ongoing work and development in this area.

"Working with the people and being able to see changes in people when it comes to their personal healing" are the driving forces behind Victoria's many ongoing projects.

This July, Victoria began work on Gitwangak's new Health Plan, which will be implemented in spring of 2017. Among her priorities for the plan are the community's need for emergency preparedness, including the establishment of First Responders, and ongoing work on the Highway of Tears project to provide transportation for community members to primary care services in Terrace and Smithers, both an hour away.

Despite her busy schedule planning these upcoming initiatives, Victoria has plenty of up-and-running programs to be proud of as well. In the past year, Victoria oversaw the creation of major initiatives like Gitwangak's women's night, men's group and a health conference. She is also involved in the community's annual Aboriginal Day celebration, which this year brought 300 people together for cultural activities and sharing.

When describing Victoria's approach to leadership, a colleague shares that "Victoria has a strong background in the cultural and traditional practices in the Gitxsan Nation [...] she leads by example in the promotion of health and wellness for the community of Gitwangak." As she comes to the end of her first year as Health Director, Victoria has much to celebrate.