



## Promoting Wellness & Providing Support During COVID-19

### Summary Notes

April 3, 2020 via Teleconference

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#### 1. Welcome and Opening Prayer

- a) Opening Prayer: Dr. Brenda Restoule
- b) Dr. Brenda Restoule- provided welcome and opening remarks.
  - Reminder of intentions of these calls: to find out the needs of the MWT's, areas FPWC can advocate on their behalf, to hear from teams and allow them a platform to share best practices and resources
  - FPWC information sheets are available on website- [www.fpwc.ca](http://www.fpwc.ca)
  - Summary notes from these calls will be posted on our website in lieu of emailing, respecting that we are receiving many emails daily

#### 2. Main points from last weeks call

- Excellent how teams are using culture, many examples shared (see March 27<sup>th</sup> notes for examples)
- people are getting back on the land, main challenge identified was costs associated with some land-based activities; reminder there is a funding available for land-based activities through the Community Support Fund
- Suggestions or thoughts in terms of sharing our culture: What would be helpful moving forward? Please send any suggestions to [anne.duquette@fpwc.ca](mailto:anne.duquette@fpwc.ca)
- Virtual Access to clients? We heard Ontario has teams have access to Ontario Telemedicine Network, however most of the other provinces do not.

#### 3. Virtual Care Site: Cloud DX Clinician Accounts

- Pleased to inform you that FPWC will be purchasing access to a virtual platform for MWT's members. What this means is:
  - We will be providing 3 virtual care clinician account to each team
  - Easy to use to virtual platform which clients can download on a laptop or on a smartphone. The clinician sends a link from their laptop (which means remotely, not in a fixed area) and can chat virtually. Can be text or visual
  - Who is considered a clinician in regards to these accounts? anyone supporting clients; i.e. could be a social worker, psychologist, cultural support worker, Elder, Healer, etc...
  - Turnaround to get account up and running is pretty quick.

**OUR ASK: Send your interest to Anne Duquette, if your are interested in the virtual platform- [anne.duquette@fpwc.ca](mailto:anne.duquette@fpwc.ca)**

Comments? No Comments

#### 4. Virtual Town Halls

- FPWC will be co-hosting a series of Virtual Town Halls over the next 8 weeks with FNHMA, Thunderbird Partnership Foundation, ISC and guest speakers.
- If MWT's are looking for a specific topic please let us know.
- **DATE:** Every Thursday at 1 PM EST [Virtual Town Hall](#) (click on the link or go to [www.ihtoday.ca](http://www.ihtoday.ca))

#### 5. Open Sharing: Is there a specific topic you would like to address at the Town Hall?

Roxanne – Dene Nation

- Suggestion – a lot of urban members are not getting financial support that communities are getting.
  - 1) Who and how do we access it? We will ask Dr. Valerie Gideon to address it more specifically.
  - 2) How did they determine how much each FN receives? Decisions came from Ministers/Deputy Ministers and than forwarded to Valerie, unsure of the formula.

- Idea: Radio's and TV's may be another way to support teams in areas that have no internet/date
- Issue: how do address isolation community "with no nursing station". How do you address this?
- ISC – is working to try a private transportation - for food and medical supplies
- FPWC is looking to create additional resources which include more information sheets, webinars, virtual sharing circles and sharing other- want to include youth, parents/ care providers, children & youth, traditional healers, etc. Will focus on specific topics and include guest speakers.

Roxanne Cook- Is there money available for translation of resources, there are 5 different dialects in the North. i.e. Dene Nation to have our own language

Dr. Brenda Restoule- Thank you for identifying the need for language, will contact FNIHB to address how we offer the supports for the webinars.

Dr. Ed Connors- Language is crucial issue for connecting with the North.

**Note:** Import to flow funding for translation through FN and not the government as this does not meet community needs.

Other Topics around town hall

If you have an idea for an upcoming Town Hall, send an email to [anne.duquette@fpwc.ca](mailto:anne.duquette@fpwc.ca)

- Speaker to talk about community base best practices

## **6. How to manage the workforce around COVID-19?**

What we have heard:

- Resources are helpful and useful, but also having webinars & teleconferences would go more in-depth, on specific topics:
  - how to manage anxiety, stress
  - How to support self-care – care for the health care providers, strategies and solutions
  - You tube video's – guided meditation
  - Opportunities for yoga
  - Cultural practices could support – i.e. picking of cedar and making cedar tea
- If you have some ideas of people who we should be interviewing please let us know as well we are open to more ideas for webinars, sharing circles, topics/themes you would like to do/hear and guest speakers.

## **7. Thunderbird Partnership Foundation (TPF)- Mary Deleary**

- TPF have online courses, accessible through our online site.
- Courses are certified
- Thunderbird has developed an on-line short POLL for all stakeholders to;
  1. Inform them of our Current Course on-line Course Offerings
  2. Request that they indicate their top 3 choices for courses currently in development; and indicate if there is an additional course/subject that they would like to see offered. [Thunderbird Poll](#)
- TPF has a Community Wellness Hub- to support each other and for FN to post your resources
- FPWC and TPF will be have a Community of Practice in partnership

## **8. FPWC Training**

- Training being developed and will be available in the next few months:
  1. Community Engagement- currently in-person training but we are working on a online version
  2. Partnership & Collaboration- Online
  3. MWT Toolkit- Online
  4. Trauma Informed Care Train the Trainer

Rosanne Sark- PEI

- Creating distribution lists and ensuring no one is missed. FNIHB IRS program may be a good reachout, each region should have a program manager that deals with IRS
- Gina Doxtator might have lists

Town Hall (additional ideas)

- Discussion around Day School and how teams are supporting
- Psycho/Socio impacts for on the ground front-line workers

Pamela- Quebec

- Using live video capsules, Facebook, Twitter, Zoom, Chat rooms; offering a continuation of services, a 24 hr line
- Need to fill security needs before emotional need

Closing

- We will continue to have these call, will use an open forum format
- Next call Thursday April 9, 2020 @ 10:30 AM EST