

tipaachimuwin

Issue No. 18

Pimuhteheu Staff Newsletter

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creehealth.org

CBHSSJB Chair Bella M. Petawabano receives standing ovation at JASP

by Katherine Morrow

CBHSSJB Chair Bella Moses Petawabano got a standing ovation after an inspiring speech at this year's Journées Annuelles de la Santé Publique (JASP). Bella's presentation, entitled, "Historical perspective on the development of the North and the contribution of Aboriginal (Cree) women," charted the emergence of a generation of Cree women leaders from the 1970's to the present day.

The talk was part of a full day's program on the theme "Aboriginal women at the heart of equitable and sustainable northern development." Former public health staff member Dr. Faisca Richer, now with INSPQ, was the lead organizer of the day's programme, which was attended by about 100 people.

Using images from her personal family photo album, Bella described a day in the life of her mother and father, who lived a traditional lifestyle. She traced the evolution of women's role in Cree society, emphasizing that



men and women have always been partners, and that the core values of respect and dedication to the well-being of the family have endured in spite of the many changes brought about by the JBNQA. "Managing the pace of change will be one of the great challenges of the future. As leaders of today we need to fix the deficits in our education system so that our people can have the tools they need to meet the challenges of the coming years, to fight the battles and to seize the opportunities in every field, including the continuing project of making our health services our own."

[Read the full text of Bella's speech here.](#)

Mental Health Team meets in Montreal



Mental Health Team and their partners

Back Row L-R Charles Edouard Carrier, Sol Awashish, Mary Ortepi, Michelle Gray, Gerry Kroetsch, Janique Harvey, Maude Paquet, Aline Sabbagh, Louise Dessertine, Gilles Cloutier,

Middle Row L-R Gregory Brass, Caroline Oblin (further left), Daisy Ratt, Mary-Louise Snowboy, Daisy Bearskin-Herodier, Rosy Khurana, Kaháwi, Jacobs

Front Row / Kneeling Jacques Barrette, David DyckFehderau, Robert Auclair, Pierre Lejeune

Occupational Therapists and Mental Health by Leah Dolgoy

We all work, play, and take care of ourselves. Sometimes, because of illness, injury, disability, or simply the curve balls that life throws in our direction, we have trouble doing those things. We have trouble functioning. Occupational Therapists (OT) are rehabilitation professionals trained to address the difficulties our clients experience in their meaningful life roles: work, school, and volunteering; leisure activities; and taking care of themselves and others.

Did you know that OTs work in mental health too? They do.

OTs work with individuals or groups with psychiatric, mood, or personality issues and we work across the lifespan. OT uses occupation both as a means of therapy: having clients engage in activity within a therapeutic context (e.g. drawing or leather craft as a way to build confidence or work on attention) as well as using occupation as the end goal (e.g. going back to

work, getting back to bush activities, facilitating learning in school). OT considers the person's environment as key to understanding what matters to them.

The OT in each community can be found at the MSDC and they see clients in their homes, schools, work places or at the clinic. Talk to your local OT to find out about their range of expertise, and the mental health services they offer to address the health and wellness of Eeyou Ischee.

Leah Dolgoy is an occupational therapy student from McGill University, finishing her last clinical placement. She has been working on policy planning for the FASD clinic, tele-speech pilot project as well as getting accounts of patient experiences during their stay in rehabilitation settings.



Panorama Project Infectious Disease Protection Information System

by Marcel Brisson, Immunization PPRO

For more than five years now several provinces, including Quebec, have chosen to use PANORAMA: Infectious Disease Protection Information System (SI-PMI). This system provides the Quebec health network with a work tool to optimize its performance using technology that supports faster and more comprehensive population-based diagnosis, making us more efficient in what we do. By implementing Panorama, together, we will be better equipped to fulfil our mandate which is the purpose of our daily job, whether in terms of program management or dealing with outbreaks and crisis situations.

What is the SI-PMI?

The SI-PMI, or Infectious Disease Protection Information System, encompasses the following modules:

The Immunization Product Management (GPI)

module aims to support the application of management standards:

- Helps to maintain the quality of immunization products distributed within the network
- Improves inventory planning
- Ensures continuous product turnover
- Minimizes losses
- Tracks products that have undergone a break in the cold chain or that have been recalled

The Immunization (IMMU) module supports the following activities:

- Records a vaccination service
- Adds special considerations: contraindications, precautions, exemptions (refusal,
- immunity)

- Consults individual vaccination profiles: vaccinations given, unusual clinical manifestations (MCIs), special considerations
- Consults a personalized vaccination calendar (indicates scheduled, due and late vaccinations)
- Reports or follows up on an MCI
- Creates and updates vaccination calendars (PIQ)
- Manages vaccination clinics
- Conducts reminder and follow-up activities
- Produces reports, including on vaccination coverage

The Protection (PRO) module:

- Manages reports of notifiable infectious diseases (IDs)
- Manages ID outbreaks

In 2012, nearly all 18 regions completed the rollout of the GPI module, and they are now about to get started on implementing the Immunization module. With regard to Region 18, the Public Health Department will be responsible for working with the INSPQ to prepare for the implementation of the immunization product management program to ensure the quality of vaccination programs across the region. We plan to complete all stages of deployment in February 2014.



Breastfeeding Week in Eeyou Istchee

Organized by Dany Gauthier, Breastfeeding Program Officer, Awaash Team. Read the full report of this annual activity on the creebreastfeeding.com blog.





Message from Dr. Rob Carlin, interim Head of Public Health

Wachiya. Kwey. Hi. Bonjour.

According to a recent report from the WHO, "mental health is strongly influenced by a range of social and economic determinants including income level, employment status, education level, material standard of living, physical health status, family cohesion, discrimination, violations of human rights and exposure to adverse life events, including sexual violence, child abuse and neglect." Some of our existing public health programs contribute to mental health promotion. A couple of examples are early childhood programs (Â Mâshkûpimâtsît Awash) as well as life skills and sexuality education (Chii kayeh iyaakwaamiih). However, ALL of our programs should keep in mind the importance of healthy 'mental' environments and avoid the stigmatisation of individuals.

I would invite the entire department to read two articles from the National Collaborating Centre for Aboriginal Health. The first discusses colonization and mental health and the second discusses the role of art and the second discusses the contribution of art to wellness.

http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/70/colonial_norms_EN_web.pdf

http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/26/art_wellness_EN_web.pdf

For the coming year, I would encourage members of the Department to reflect on how we can each contribute to the promotion of mental wellness as part of Miyupimaatisiun.

Also, if there is information that you want to share with the Department, remember that Tipaachimuwin is published each month and [is available online](#). Contact [Iain Cook](#), if you have anything to share.

Editor's Note:

The January edition of *tipaachimuwin* will be a special New Year's photo edition. Send me pictures of your accomplishments/successes during 2013. They say a picture says a thousand words. If you want to say more than a thousand words, free to add a little text to the photo help tell your story of accomplishment in 2013. Deadline is December 25, 2013. Send your material to iaincook@gmail.com

PHD Calendar: <http://goo.gl/U3R5Y> Manager Travel Calendar: <http://goo.gl/MJSDT>
Corporate Calendar: <http://bit.ly/WhEOCu>

Public Health attends public hearings for Whabouchi Mining Project by Laura Atikessé

Public hearings were held by the Canadian Environmental Assessment Agency (CEAA) on November 20 in Nemaska, reviewing the Whabouchi Mining Project from Nemaska Lithium.

The panel was composed of: Thomas Joly (Deputy Chief of the Cree Nation of Nemaska), Kelly LeBlanc (CRA), Patrice Dallaire (Fisheries and Oceans Canada), Louis Breton and Stéfanie Larouche-Boutin (Environment Canada), Simon Laverdière and Céline Lachapelle (CEAA), Guy Bourassa (president of Nemaska Lithium and Catherine Lussier (anthropologist, consultant for Nemaska Lithium)

The CEAA came to Nemaska for 3 days (November 19-21). They organized hearing sessions with different groups in the community such as elders, youth, etc. Wednesday night, the session was open to the whole community. About 25 participants attended the public meeting. Attendees from the CBHSSJB included Sarah Cowboy (Nemaska's CMC), Dr. Rob Carlin and Laura Atikessé.

The federal environmental assessment considers in its analysis the effects on use of lands and

resources such as destruction of the fish habitat, destruction of hunting camp, impacts on fauna, etc. This kind of assessment DOES NOT analyse the effects on job creation, social impacts, social acceptance of the project, etc. These last points should be discussed at the provincial level (COMEX public hearings that will be held somewhere in 2014).

With all the comments and questions gathered at these public hearings, the CEAA will draft a report that will take into consideration people concerns. This report will be sent to the Cree Nation of Nemaska and will be also available on internet for comments.

Here are the main concerns from the population:

- Visual impact of the mine
- Water quality (Lac des Montagnes)
- Noise from the blasting
- Harvesting pressure (fishing and hunting activities)
- Dust
- Safety of the Route du Nord



What's Going On?

Winter is coming. Be prepared.

Change your tires ✓

Chop wood ✓

Get the flu vaccine ✓



Protect yourself against the flu. Get vaccinated!

Each fall, the MSSS renews its vaccination program against influenza to protect the most vulnerable who suffer complications from the flu. In Region 18, the vaccine is provided free to everyone, but specifically targets high-risk individuals :

- Adults aged 60 and over;
- People with chronic disease;
- Children 6 to 23 months;
- Healthy pregnant (2nd and 3rd trimester) women;
- People looking after the groups above along with babies under 6 months;
- Health workers.

To know where and when you can get vaccinated , check at your local CMC (Community Miyupimaatisiun Centre).

Cree Health Radio Show

Broadcast the first Thursday of each month at 3 pm on JBCCS

Repeat broadcast every Thursday at 3 pm and available online via <http://creehealthradio.com>

Balance Newsletter for December now available for download

Making nutrition work for any work scenario

<http://archive.constantcontact.com/fs108/1108194616463/archive/1115620598325.html>

Employee Assistance Program

For immediate and confidential assistance 24/7/365

1 866 833-7690



Au revoir David English

David English, Documentation Technician finished his last day of work in November. He will be missed!



Best wishes to Jocelyne Cloutier

Jocelyne underwent surgery in November. We wish her a quick and healthy recovery!

Come to the Employee Drop-In

Want to know what is happening at Public Health and Pimuchteheu Management Meetings? For an update, come to the Employee Drop-In, which follows each Management Meeting.

Employee Drop-In (update on Management Meeting)

Schedule for first months of 2014 will appear in the January newsletter.

Employee Drop-In (update on Management Meeting)

Call-in number is 1-877-534-8688
Conference ID: 2101030#

Cree Lesson 15

Piihchemikan Piisim (December)
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The time when things start to settle down. This is the month when Jesus was born, where we give gifts and enjoy family.

Terms for Clouds

Nihchikashkwaau
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Dark clouds, spread out over the sky.

Piikauskun
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The sun is able to shine, through thin grey clouds, but clouds cover the sky.