



Aionkwatakari:teke

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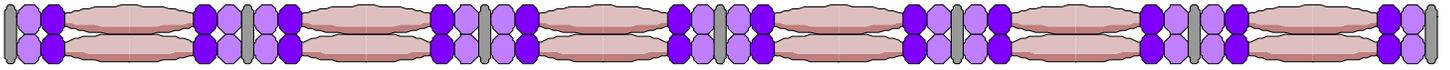
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Kahnawà:ke's Only Health and Wellness Newsletter

Tsothóhrha/December – Tsothohrkó:wa/January 2019–2020



Happy Holidays from KSCS

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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotiiá'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawà'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slanderous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor. Check out our Facebook page at [KSCS Kahnawà:ke](https://www.facebook.com/KSCSKahnawake).

Editor's Notebook



WINTER ISN'T JUST COMING. IT'S HERE. ARE YOU ONE OF those people who absolutely adores winter? Who thrives in winter? I'm not. I'm a bear and I wouldn't mind just eating a lot and hibernating until spring. But...

I'm not really a bear and that would not be healthy. If you're like me and you just grind your teeth until spring, you're not alone. We've got some ideas in this issue on how to get through the next few months (or just surviving the holiday get togethers) that may help the next few months be a little less stressful and a little more enjoyable.

We have an article on cannabis edibles and an article from Lois Montour on the great work being done by the Kateri Memorial Foundation. We also have an update from Tom Dearhouse on the Indian Day Schools class action settlement, and some news on the new women's group that will be starting up in January. And, some news on how to access services for Jordan's Principle in Kahnawà:ke. That's just a taste of what's in this issue.

As always, niawenhkó:wa for reading this issue. Please recycle it once you're done with it.

Ratonnià:ne tanón Ohserá:se/Merry Christmas and Happy New Year!
Marie



Cover photo: by Christine Taylor. Cover Design by Marie David

Graphics: Page 2 by Freepik, Page 4 Ecology Concept created by Freepik. Page 8 by Pixabay. Page 10 snowflakes by Marie David.



Cannabis Edibles, Extracts & Topical Products

BY KARA DIABO, PREVENTION

ON OCTOBER 17, 2018 RECREATIONAL CANNABIS was legalized in Canada. In Québec, the Société Québécoise du Cannabis (SQDC) opened up over 20 shops in the province and that number will increase to over 40 shops by March 2020. This year, the federal government also amended the Cannabis Act to include legalizing the sale of:

- **Edible cannabis:** Products containing cannabis that are intended to be consumed in the same manner as food (e.g., by drinking or eating).
- **Cannabis extracts:** Products that are produced using extraction processing methods.
- **Cannabis topicals:** Products that include cannabis as an ingredient and that are intended to be used on the body surfaces (skin, hair, and nails).

According to Health Canada, these new products will be available for sale on store shelves by mid-December 2019. They have passed certain restrictions on edible products including a cap on the dosage of tetrahydrocannabinol in a product.

A serving must not contain more than 5mg of THC (the psychoactive compound of cannabis) per serving, with a max of 10mg of THC per package. The packaging must be plain, the design cannot appeal to minors, and must be child resistant. Nicotine/caffeine or alcohol cannot be added to the products.

In addition to these regulations, Québec has banned infused edible products like desserts, candies, and chocolates. They do not want these products to appeal to children and risk them harm.

Dr. Karine Iguartua, the president of the Association des médecins psychiatres du Québec and a leading psychiatrist of the Montreal General Hospital is an expert in the field. She has given presentations to our community and has joined us on the K103 noon hour talk show to discuss the impacts that the legalization of cannabis have had on the

increased number of people presenting with symptoms of psychosis in the emergency rooms.

Psychosis is a disconnect from reality (seeing/ hearing/ sensing things that are not there) which may be temporary and sometimes permanent. People may experience extreme anxiety and go into a state of paranoia. The Québec Poison Control Centre, the Montreal Children's Hospital, and the Montreal General Hospital's psychiatric ward have seen a large rise in the number of overdoses since cannabis was legalized last fall.

Children are at increased risk when edible products are around because products can be mistaken for regular sweets or candy. Adults are risk at for overdose because many are not aware that it takes 30 to 90 minutes to feel the full effects of an edible. Often, people will consume a product and not feel the effects so they have another, then when the effects set in they experience severely negative psychotic effects.

Dr. Iguartua warns that with each psychotic break a person experiences, their mental state deteriorates and they may not fully return to the previous state. Her recommendations are:

- Avoid products with a high THC content.
- Youth should abstain from using cannabis as it impacts the development of the brain.
- Don't use if you have a mental illness or a family history of mental illness.
- Do not use if you are pregnant or breastfeeding.
- Do not use frequently or at high dosages due to potential for addiction.



Climate Change at Shakotiaa'takehnhas

BY MARY MCCOMBER, TSI NIIONKWARIHÒ: TEN PROGRAM

WHAT DOES THE Ohén:ton Karihwatéhkwén mean to you? I ask myself this at times, and Shakotiaa'takéhnhas has made an effort to add the use of Kanien'kéha and Kanien'kehá:ka (People of the Flint) ways of doing things into our strategic plan. This encourages staff to look at ways that we can put our money where our mouth is, so to speak.

The Ohén:ton Karihwatéhkwén (words before all else) is recited before and after important matters such as ceremony or special events. Our original instructions, given to us by the Creator/ Shonkwaia'tison is to honour all of creation. Onkwehón:we (original people) were instructed to respect nature and in return we would have everything that we would need to live. This is why ceremonies and the Ohén:ton Karihwatéhkwén are so important. Protecting the earth and everything she gives us is part of the foundation of our world view.

In the spirit of encouraging and reviving Kanien'kehá:ka tsi niionkwarihò:ten (our ways), Shakotiaa'takéhnhas has been offering its staff many opportunities to learn language and cultural topics. A number of staff participated in the Kaianere'kó:wa recital this summer. We hold internal Kanien'kéha and cultural sessions and we also participate in the Mohawk Council of Kahnawà:ke (MCK) Language and Culture Program.

Another more recent event was the Climate March in Montreal, Sept. 27, 2019. An estimated number of 20 Shakotiaa'takéhnhas staff participated in this massive climate march. Unfortunately, no one had the opportunity to meet Greta Thunberg or David Suzuki, but we did experience the large outpouring of support for change.

The week after we returned, we had a short debriefing meeting. We wanted to discuss how we at Shakotiaa'takéhnhas can support this change movement by becoming more environmentally conscious at work. Many ideas were generated and small changes are being discussed for follow up, like using fewer disposable items, like plastic cutlery or Styrofoam or paper plates, at our staff functions and events open to the community.

The question we asked ourselves was, "What can we do at KSCS to be more environmentally responsible?" Here are just a few of our ideas:

- Install a bottle fountain, or a filtered water fountain/system.
- Eliminate the use of single use cups (or get biodegradable ones). Use ceramic cups and wash them.
- Bring your own cups, plates, bowls and utensils to work. Be responsible for cleaning and storing them at your desk. (This could be daily and for special events like the schools and longhouses now do).

- Bring Waste Management and the Environment Office in to do education on composting and recycling etc.
- Have at least one electric car station.
- Have more bicycle racks placed in visible locations from the building, so that we can keep an eye on our bikes.

Climate change is a serious issue, and as Onkwehón:we we have a responsibility to be active in our ways of caring for the environment. We need to continue to work together on this for the next seven generations.



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Setting Boundaries: Surviving the Holidays

BY HEATHER ARMSTRONG, SUPPORT SERVICES

THE CHRISTMAS HOLIDAYS CAN BE A TIME OF GREAT JOY AND SORROW; WE BECOME AWARE OF THE LOVED ONES we have and have lost. What is rarely conveyed around the holidays is that both positive and negative feelings we experience are common and valid. Sometimes, what we really need around the holidays are boundaries. Boundaries are limits of spaces that we create between ourselves and another to be protected mentally and emotionally. Healthy boundaries can help people understand and verbalize what they will and will not be held responsible for.

According to Mary Foston-English, a marriage and family therapist, “Family relationships and expectations challenge us around the holidays because of assumptions that others’ values and experiences are the same as ours. When these expectations are not met, we can feel pressure and difficult emotions like anger and loneliness”. Wanting to set boundaries with one’s family, friends, and/or coworkers does not mean that these people are inherently difficult or negative. Rather, setting boundaries is a form of self-care that teaches you how to take personal responsibility of your feelings and protects against burnout, depression, anger or emotional exasperation (Selva, 2018; Edutopia, 2014). Understanding your personal boundaries can prevent engaging in unnecessary conflict with loved ones and/or exasperating our emotions and physical health.

How do I set boundaries?

Begin by considering what boundaries currently exist or do not exist in your life. From there, you can decide what areas of your life need healthy boundaries. Setting boundaries involves consideration of what you want from the relationship of the person(s), creating boundaries based on your desires, and being clear with yourself and with others about the boundary you are setting. Kairns emphasizes to not overexplain why you are setting boundaries, use “I” versus “you” statements, and use a matter-of-fact, non-rude tone. For example, when faced with a loved one who repeatedly brings up a past mistake, state, “I do not like when you bring up my past” versus, “You always bring up my past!”. Kairns also suggests creating consequences if your boundaries are broken. An example is, “I do not like when you bring up my past. If you continue to do so, I will need to leave.” Mary Foston-English proposes “accepting loved ones as they are, even if they do not live up to your expectations” by maintaining realistic expectations of ourselves and others. Foston-English states that “knowing what to expect and how to protect yourself if those situations arise can relieve the pressure or expectation to ‘put up’ with certain rules or harmful actions”.

Setting boundaries is not an easy task, so practice! Write a script of what you wish to say and practice with an empty chair or in front of a mirror. Once you feel comfortable, you can reach out to the loved ones that you wish to set boundaries with. Remember, setting boundaries is a way of taking personal responsibility for how you feel and ensure self-care over the holiday season.

Sources:

Foston-English, Mary. “*Surviving the Family Holiday*.” Stanford BeWell.

Selva, Joaquin. “*How to Set Healthy Boundaries: 10 Examples PDF Worksheets*.” PositivePsychology.com, 27 Oct. 2019.

“*Healthy Boundaries, Healthy Children*.” Glenview Elementary School. 2014. Oakland, CA.

Kairns, D. M. *Protect Yourself: Set Boundaries*. National Center for Biotechnology Information, 1992. [glenview-healthy-boundaries.pdf](#)

Holiday Blues: Is It Something More?

BY HEATHER ARMSTRONG, SUPPORT SERVICES

TYPICALLY, TWO POWERFUL EMOTIONS—HAPPINESS and sorrow—emerge around the holidays. Happiness is prominently presented throughout the Christmas season through media outlets, social media of friends and family, and religious rituals. These outlets can present idealistic expectations that invoke joy within ourselves as well as our family members.

With high expectations; however, comes a risk for disappointment: the differences between one's expectations and reality can lead to sorrow or depression during the holiday season.

According to psychologist Joe Beltempo, "signs of depression can last two or three days, manifesting as loss of appetite or change in eating habits, lack of interest in those around you, and a dearth of pleasure." Dr. Beltempo explains that while the blues are a simple fact of life, clinical depression is not.

Possible symptoms of depression include persistent crying, feelings of isolation, social withdrawal, and a generally low mood lasting more than 50 per cent of the day for two or more weeks. Importantly, Dr. Beltempo recommends to "check in with a mental health practitioner, such a counsellor or physician, if someone you love or yourself is experiencing these symptoms and changes".

Furthermore, Dr. Beltempo explains that there are three main reasons for the development of clinical depression: Brain hormones, environmental factors, and personality factors. Environmental factors may include a loved one's passing, a loss of a relationship, or anything of significant value that affects our ability to function in our daily activities.

Seasonal transitions are also known to impact peoples' moods. More specifically, a subtype of depression—Seasonal Affective Disorder (SAD)—can be brought on during seasons with less natural light, such as autumn and winter.

What can people do?

"There are a range of treatments, many of which relate to lifestyle," says Beltempo. "Those affected should be aware of their food intake during the holidays, as sugary, fatty foods and/or overeating can negatively impact energy levels and mood." Dr. Beltempo also suggests that people be "careful of alcohol and drugs" and "get lots of exercise and sleep."

For those with SAD, research notes the possibility of light therapy which involves a device, known as a light box, that gives off bright light that mimic natural outdoor light.

Dr. Beltempo suggests that "People should keep up interest and communicate with those around them to solve difficulties. If these things do not work, they should contact a counsellor, physician, or other mental health professional". Crisis hotlines are also available as a resource for community members.

For those most vulnerable: Children and senior citizens

Children and senior citizens experience symptoms of depression as well. Dr. Beltempo reminds us that the "Christmas holidays can increase awareness of what we are missing. It can be more difficult than usual for our children and elders. It's important for adults to stay in touch with children's and senior citizen's feelings. Allow children to talk about broken promises, conflict, or dashed expectations, and understand that senior citizens often lose people that were close to them as they age."

Dr. Beltempo invites anyone experiencing depression or undue stress before and during the Christmas holidays to call KSCS or the following hotlines for assistance.

Resources

- **National Crisis Hotlines** (All hotlines are toll-free and available 24/7, 365 days a year)

Continued on page 12



Indian Day Schools: Update

BY TYSON PHILLIPS, COMMUNICATIONS

RESIDENTIAL SCHOOL AND INDIAN DAY SCHOOL brings up a very dark time in our history of how Indigenous children were treated. Many Kahnawà'kehrón:on attended Residential School or Indian Day school and were victims of physical and mental abuse, along with a loss of their culture and language. This led to anxiety, depression, alcohol and drug addiction, and multi-generational trauma. Tom Dearhouse is the KSCS Indian Residential Schools Resolution Health Support Program worker. He is also working with victims of Indian Day Schools.

This past September, Tom and Susie Goodleaf, a psychologist from Kahnawà:ke, facilitated a talking circle at the KSCS Family and Wellness Center. "It was by invitation for this first talking circle. It took place after Sunday mass. A few non-Natives also attended, along with two parishioners from the mission and Father Vincent," Tom said. The people who attended either went to Residential School or Indian Day School or had a family member who went to one of the schools. "The survivors shared their stories and at the end they expressed they would like to have more talking circles. The non-Natives, who are friends from the outside, offered their support to the survivors. Father Vincent was also very supportive and was there to help."

When the day was over, the survivors felt uplifted as they were able to share their story and see that many people are here to support them in their healing journey.

"The Federal Court of Canada has approved the settlement of a class-action lawsuit against the government to compensate thousands of First Nations, Métis and Inuit children who attended federally operated Indian day schools."¹ This was reported on the CBC website on August 19, 2019. According to the article, Kahnawà:ke had eleven Indian Day Schools between 1868 and 1988. A few of those survivors have shared their story with Tom. "The survivors were physically and/or sexually abused by the priests and

nuns. To make matters worse, some of the workers at the school were pedophiles and students being bullied by other students was a big problem. But nothing was done to stop the abuse, even the student bullies got away with what they were doing."

One survivor said the only difference between Residential School and Indian Day School was that they went home to their family at the end of the school day. Some students told their parents what was going on and they confronted the teacher. Others thought it was their fault and kept it to themselves.

"This caused multi-generational trauma," Tom said. "Some [survivors] have told me they did not raise their children in a loving environment. In fact, they could have done better. As they started to heal, they realized how they raised with their children. Sometimes, as grandparents now, they get a second chance to deal with their grandchildren and sometimes spoil them. It's good to hear [that] they talk with their adult children and try to improve their relationships, so actually the whole family benefits."

On October 31, 2019, a court challenge was filed, delaying the opening of the claims process. The claim forms will only be available once the challenge is heard and depending on the outcome. If and when that happens, Tom says "I am here to help you fill out the claim form, along with emotional support. The band council can also assist in completing the claims forms." To get updates on the court challenge, visit the [Indian Day Schools Class Action](https://indiandayschools.com/en/) website: <https://indiandayschools.com/en/>

If you are interested in participating in a talking circle or need one-on-one assistance, the information will be available through the local media. Tom can be reached at the KSCS Family and Wellness Center at 450-638-0408.

¹ <https://www.cbc.ca/news/indigenous/indian-day-school-settlement-court-approves-1.5252211>



AFFORDABLE AND FUN WINTER ACTIVITIES

BY ALANA ATWIN, PARENTING



FOR MOST FAMILIES, THE holidays are a time to come together, taking a break from school and work. Amid the hustle and bustle of planning for the holidays, it's important to try to put aside some quality time with your family and friends. But what kinds of things can families do together without breaking the bank? Here are some great ideas to get the family together, to have fun, and to take advantage of the winter weather without putting a big dent in your budget.

- **Have a family movie night** – Have a pajama party. Get everyone in some comfy pajamas, make some homemade popcorn with melted butter and snuggle on the couch.
- **Bake some cookies** as gifts for family and friends. Decorations, icing, cookie cutters, and decorative bags and boxes can be found at any nearby dollar store!
- **Go sliding** – Kanawaki golf club is still home to some of the best sliding in town! Take along a thermos of hot chocolate (with marshmallows on the side!) to enjoy when everyone is tired out!
- **Take advantage of free skating** that's held regularly during the

winter at the Kahnawà:ke Sports Complex. Hosted by KSDPP, it's a great opportunity to get out of the house and to enjoy some family fun and physical activity.

- **Have a snowball fight** – Have a family snow ball fight. Make sure to lay out some ground rules first if you have children of different ages.
 - **Build a snow fort** – Cut milk cartons and use them as molds for making snow bricks.
 - **Create pine cone art** – Pick up some fallen pine cones, coat them with peanut or other nut butters and roll in bird seed and hang outside. Place in front of a window to enjoy feathery visitors from inside. Also, cover pine cones in white glue and roll in glitter, beads, sparkles, and sequins to make homemade decorations
- **Have a bonfire** – roast some hotdogs and s'mores
- **Have fun snow painting** – Fill spray bottles with food coloring and water and spray on the snow in your yard. Do your own, or do a family landscape!



- **Go for a walk** and as a family; offer to shovel for elders in your neighborhood. Clearing their stairways, driveways, and walkways will be much appreciated, and also safer for them.
- **Make a cookbook** of your family's favorite recipes (complete with illustrations!) to give away as gifts
- **Host a Family Book Club** – read a book together, taking turns to read aloud. Spend some time drawing pictures of your favorite part. *Charlie and the Chocolate Factory* is an all-time family favorite! And so is *Captain Underpants!* You're sure to all get a few laughs with that one!

Kahnawà:ke is celebrating the **Winter Classic** again this year on December 31 at 3:00 P.M. at the Knights of Columbus. A ball hockey tournament, games, activities, music, food and more are planned for that afternoon! See you there!

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Mace, Jody. "11 Ideas for Fun Family Activities." *Real Simple*, 29 Aug. 2014.

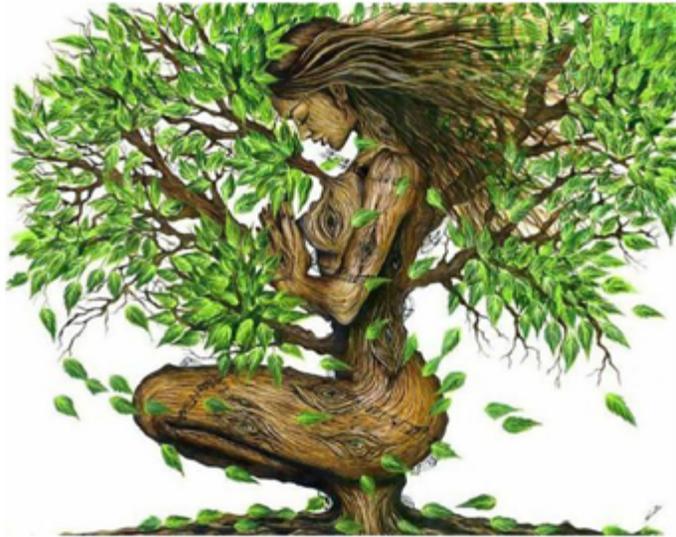
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Journey Home

BY AMANDA WINSLADE, SUPPORT SERVICES

The Journey Home



KSCS COUNSELLORS, AMANDA WINSLADE AND Jean O'Connor have joined together in the creation of the group “The Journey Home” a 12-week group for women who have experienced a form of sexual trauma. Our vision for “The Journey Home” is to create opportunities for women to gather and share their strengths and insights as well as build a sense of solidarity to stand up to the effects of sexual trauma, honour their own gifts and to reclaim their lives.

The idea for the group was given birth when we noticed a pattern of women seeking help from KSCS who had experienced sexual trauma. We also noticed that some of the current ways of addressing and healing trauma in therapy were not always effective. For instance, many groups are geared towards psychoeducation and tips and tools on how to “manage” symptoms of trauma. Rather than focus on this aspect, we felt it would be more effective to provide a group that focuses on how women have already been reclaiming their life from the trauma; on emphasizing the special qualities and skills that women have to not let the trauma

overtake them. By highlighting these aspects, we believe that we can help to create a different story that women tell themselves, one of empowerment.

The group will be offered through a Narrative therapy approach which will provide space for the person’s ideas and resources and will invite women to be the expert in their lives. The goal is to honour and acknowledge the stress of hardship and loss that people have experienced while making it possible for people to tell other stories of their lives as well; stories that bring strength and possibilities. This approach seeks to acknowledge the story of the trauma versus sharing the details of the trauma.

A short gentle yoga practice will be included every week as a means of giving opportunities to women to reconnect to their physical selves. Yoga experience is not necessary nor is any degree of flexibility required. Participation is optional. The type of yoga offered will create a sense of compassionate awareness of what is happening in one’s body in the present moment, recognize choice when relating to one’s body, and develop the ability to take effective action based on that knowledge.

Talk therapy is referred to as a “top-down” approach where people need to use their cognitive resources to find healing. Research has shown that this approach is not always helpful in healing from the trauma and that actually a “bottom-up” (i.e. yoga) approach is more effective. By including both components we hope to offer a better-rounded healing journey.

The group begins on January 21, 2020 and will take place at the Family and Wellness Center on Tuesday evenings. We are currently full for the winter 2020 group; however, if you are interested, stay tuned as we will be offering the group again in the fall.

Kateri Memorial Foundation

Our Success Depends On You

BY LOIS MONTOUR, EXECUTIVE DIRECTOR, KMF



IN 1980, THE KATERI MEMORIAL FOUNDATION (HOSPITAL, HEALTH, EDUCATION) WAS FOUNDED BY FIVE Kahnawa'kehró:non Andrew T. Delisle, Joseph Norton, June C. Delisle, Donald Horne, and Myrtle Bush. They were committed to maintaining a high standard of healthcare for all Kahnawa'kehró:non. An emphasis was placed on assisting the Kateri Memorial Hospital Centre (KMHC) by actively fundraising for the hospital's needs e.g., equipment, furniture, and services that are either not funded or are underfunded by government sources. Eleven years later, on June 1, 1991, the Kateri Memorial Foundation was established as a Registered Charitable Organization that continues to fundraise to this day.

The founding members served as the first Board of Directors (Board) and functioned as a volunteer board. They would be proud to know that over the past 40 years the purpose of the foundation has remained unchanged while carrying out their original intended objectives of supporting, enhancing, and maintaining quality healthcare services that promote the well-being of all Kahnawa'kehró:non based on our Kanien'kehá:ka values.

Today

The Kateri Memorial Foundation (KMF) Board (Donna Delaronde-McComber, Lynda Delise, Mavis Connie McArdle, Hope Stacey, Dawn Lazare, Mary Goodleaf, and Carly G. Rice) continue to function as a volunteer board. They work together to honour the tradition of a high standard of community health care at the KMHC. The KMF Board believes strongly in giving back to and pulling their weight in the community. They are committed, experienced and goal driven to be a positive influence in Kahnawa:ke. Their sights are firmly fixed on the goal of making the community healthier for Kahnawa'kehró:non by Kahnawa'kehró:non.

The KMF has a busy calendar of recurring fundraising events to meet its fundraising goals and objectives. Annual events like the golf tournament at the Kanawaki Golf Club, the Golden Ticket raffle, craft fairs, the Give Where You Live campaign, memorial donations, yard sales, the Christmas raffle, and Karonhiarástha's Winter Wonderland are regular occasions for bringing the community together.

KMF's donors, sponsors and volunteers are the lifeblood and greatest strength of the foundation. The KMF Board wishes to extend its gratitude and appreciation to all the donors, sponsors and volunteers, who have supported the foundation in various ways over the years. We hope to continue this relationship for years to come.

Looking Ahead

In the New Year, the KMF office will be relocating to the Kateri Memorial Hospital Centre, offering better visibility and accessibility to the Foundation. We are excited for the opportunity to be surrounded by KMHC staff, patients and visitors on a daily basis.

We encourage you to stop in to visit us at our new location. We also encourage those interested to inquire about volunteer membership on the Board, which currently has two seats vacant. For the Foundation's contact information or for online donations, please visit the [KMF's website](#) at or call 450-633-0276.





Jordan's Principle in Kahnawà:ke

BY ANDREA BRISBOIS, ONKWATA'KARITÁHTSHERA

ARE YOU AWARE OF THE JORDAN'S PRINCIPLE initiative for all First Nations Children in Canada? It is available to all children in Kahnawà:ke, ages 0 – 18. In July 2019, I began working full time as the coordinator in Kahnawà:ke for the Jordan's Principle initiative. This initiative works to ensure that there are no gaps in publicly-funded health, social, and education programs, services and support.

Jordan's Principle is named after Jordan River Anderson, a young Cree boy from Manitoba who spent his young life in the hospital instead of at home while the provincial and federal governments argued over who should pay for his home care. In a landmark ruling by the Canadian Human Rights Tribunal, the Canadian government was "ordered to stop applying a discriminatory definition of Jordan's Principle" (Jordan's Principle, First Nations Child and Family Services). Jordan's Principle is an ongoing legal obligation of the federal government to support Indigenous children and is available to all Indigenous children living in Canada, including non-status children ordinarily residents on reserve.

Jordan's Principle covers all public services such as mental health, special education, dental, medical equipment, and more. Some examples of products and services that have been funded by Jordan's Principle include:

- Psycho-educational and screenings
- Assistive technology and electronics
- Orthodontics (must first apply through Non-Insured Health Benefits program)
- Mobility aids

- Tutoring services

If you want to access Jordan's Principle for your child, these are the steps to follow:

- ✓ obtain supporting documentation (referral from health professional, school personnel, etc.)
- ✓ treatment plan with cost estimate from the provider (speech therapist, orthodontist, etc.)
- ✓ orthodontics: photos before treatment, x-rays and a

letter of refusal from Non-Insured Health Benefits (NIHB)

HELPING FIRST NATIONS CHILDREN



If your child was denied services dating back to 2007, you may be eligible for a reimbursement. By providing the following documentation, an application can be submitted to determine whether your child/family meets the eligibility criteria:

- ✓ Diagnosis and recommended treatment plan from health professional
- ✓ Official receipts
- ✓ Orthodontics: Photos before treatment, x-rays and Non-Insured Health Benefits (NIHB) refusal letter

Once you have the documentation, contact me for an appointment at 450-632-6880, ext. 30216 or through email andreab@kscskahnawake.ca. For additional information visit the Government of Canada's website on Jordan's Principle <https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html>

Source and graphic: Helping First Nations Children <https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html>

The Back Page....

"Never give up on someone with a mental illness. When 'I' is replaced by 'We', illness becomes wellness."

~ Shannon L. Alder

Moving Around KSCS

BY TYSON PHILLIPS, COMMUNICATIONS

JAIME SAMAYOA BEGAN WORKING at KSCS in 2009. He was a case manager at the KSCS Adult Living Services (ALS). A few years later, Jaime changed positions and became a clinical supervisor for addiction services working out of the main KSCS building.

A few years ago, an idea was presented to Jaime where he would be a clinical supervisor at ALS, Home and Community Care Services (HCCS), while also continuing his work in addiction services. If that sounds like it was a lot of work, it was.

"I found it was not feasible to do all three as that was a lot of responsibility and would require more of my time," Jaime explained. Years later a supervisor position was created for the two areas. Jaime was a natural fit and decided to leave addiction services. He started his new position in mid-November.

"I am happy to bring my knowledge and skills to meet the needs of the staff and ultimately the clients that we service," Jaime said. Before coming to KSCS, Jaime worked with people who have physical disabilities, mental disorders, and the geriatric population. Jaime says he will miss working with the addiction services team; however, he found it fitting to go back to working in this area. "It's a good change," he said.

Along with supervising the staff, Jaime will also be helping to develop their programs and find ways to better serve the clients and their families. "One of my main roles is to empower and develop others by enhancing their strengths and supporting them. I look forward to my new position and to work with my former colleagues." Good luck in your new position Jaime!

Tsothóhrha/December 2019

- 1 World AIDS Day
- 6 National Day of Remembrance & Action on Violence Against Women
- 10 International Human Rights Day
- 21 Winter Solstice
- 24 Christmas Eve (KSCS closed)
- 25 Christmas Day (KSCS closed)
- 26 Boxing Day (KSCS closed)

Tsothohrhkó:wa/January 2020

- 1 New Year's Day (KSCS closed)
- 2 KSCS closed
- 6 KSCS reopens
- 29 Bell Let's Talk Day



Holiday Blues Hotlines continued from page 6

- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868
 - **First Nations and Inuit Hope for Wellness Help Line:** 1-855-242-3310 or chat online at www.hopeforwellness.ca
 - **Crisis Services Canada:** 1-833-456-4566 or text 45646
 - **KSCS After-Hours Response**
Worker call Kahnawà:ke
Peacekeepers 450-632-6505
- Sources:
Melrose, Sherri. "Seasonal Affective Disorder: An Overview of Assessment and Treatment Approaches." Depression Research and Treatment, vol. 2015, 2015, pp. 1-6.

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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