

TSUUT'INA HEALTH AND WELLNESS SERVICES NEWSLETTER



Issue 2 Vol. 1
2025

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Diganádàts'idinìdahí

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www.tsuutinahealthandwellness.ca

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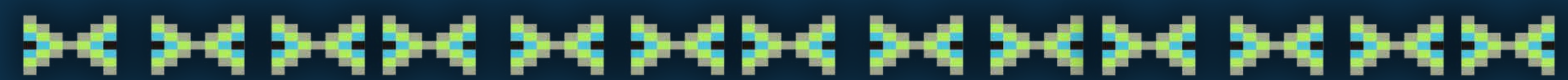
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Diganádàts'idinìdaí



DIRECTORS MESSAGE

Dzinisi guja,

As the Tsuut'ina Health and Wellness Director, I am privileged to highlight the essential work of our incredible team within Health & Wellness Services. The Tsuut'ina Nation recognizes that true healing flourishes not in isolation but through the strength of relationships, partnerships, and our collective responsibility to care for one another throughout all stages of life.

Today, our programs and services unite with a shared and powerful purpose: to foster a healthier, stronger, and more resilient community, while acknowledging and addressing the effects of historical and intergenerational trauma. This trauma, deeply rooted in colonial policies, residential schools, forced assimilation, and the disruption of our families and Nations, continues to impact the emotional, mental, physical, and spiritual well-being of our people. Through collaboration, we strive to reclaim balance, dignity, and hope.

Our partnerships with internal and external programs, elders, and knowledge keepers are founded on respect, cultural safety, and shared accountability. Together, we are creating a supportive network that emphasizes prevention and wellness through culturally relevant education, language, land-based practices, and traditional teachings. Our efforts aim to enhance harm-reduction approaches that honour individuals without judgment and support their journey at every stage. We are also expanding access to mental health and addiction resources by providing trauma-informed, community-driven care.

These partnerships embody our conviction that genuine healing arises when programs collaborate closely, guided by the wisdom of Elders and Knowledge Keepers, and when community members feel both empowered and heard. Each collaboration signifies a dedication to addressing past wounds, fortifying the present, and investing in future generations.

I want to sincerely thank our incredible staff, partners, and all the citizens and members of our community. Your steadfast support and dedication are the heart of our journey. Together, we are making meaningful progress that is rooted in our cultural values, fueled by empathy, and united by our shared dream of a healthy and flourishing community. Your commitment truly inspires us, and we could not do it without you.

Lastly, I want to express my heartfelt gratitude to the Health & Wellness Committee. Together, we are committed to building a healthier, more resilient Nation. Thank you for your compassion and dedication to the well-being of our Nation.

Together, we honour our ancestors by building a future where wellness, connection, and cultural strength guide every step we take.

Siyisgaas.

Respectfully,
Lacy Runner MC, CCC
Director of Health & Wellness Services
Tsuut'ina Health Services
Email: lacy.runner@tsuutina.com
Cell: (587) 834-8147
Phone: (403) 251-7575



Diganádàts'idinìdàhì



TSUUT'INA HEALTH AND WELLNESS SERVICES

The Tsuut'ina Health & Wellness Services were granted a traditional name on June 18th, 2024, from respected Tsuut'ina Nation knowledge keepers, Bruce Starlight, Deanna Starlight, Bernice Starlight, Gerald Meguinis and Audrey Pipestem. The knowledge keepers shared the Tsuut'ina word, Diganádàts'idinìdaí, translating to "turning around or reverse." The meaning behind the word "Diganádàts'idinìdaí." supports the new direction of the Tsuut'ina Health & Wellness Services of operating in a proactive and preventative framework to address the historical and intergenerational trauma to help individuals from a client-centred approach to regain their identity through a hybrid model of western and cultural practices. The Tsuut'ina Health & Wellness Services, previously known as the Health Centre and Healthy Living Program, would like to share its new logo and name with the community.

The Wellness Team (previously called the Prevention Team) sought consultation from Tsuut'ina Elders and knowledge keepers Gerald Meguinis and Jeanette Starlight on the design and meaning of the new logo. Elder and knowledge keeper Gerald Meguinis shared that the logo should be simple, with an elderly woman walking with children to represent "leading our children into a brighter future." Jeanette Starlight, elder and knowledge keeper, also shared to incorporate the eagle, river and land to represent healing and spiritual aspects. The new logo of the two programs amalgamated under one vision represents the long-term goal of building a healthy community for future leaders.



Diganádàts'idinìdaí

PROGRAMS AND SERVICES:

- Homecare
- Medical Transportation
- Medical Clinic
- Family Practice Doctors Clinic
- Dental Clinic: 3 days a week
- Blood Collection Services: 3 days a week
- Psychologists
- Aboriginal Diabetes Initiative (ADI)
- Mobile Optometry: 1 day a month
- Day Programs (outpatient program)
- Public Health
- Water Testing
- CHILDREN'S Oral Health Initiative
- Community Health
- Non-Insured Health Benefits
- Outreach
- Youth Outreach
- Wellness Team
- Women's Supportive Housing
- Programming available to the community with a focus on culture, landbased teachings and language.
- Wellness Program
- Addictions Counsellor
- Mental Health Liaison

CONTACT INFORMATION:

MAIN RECEPTION 403-251-7575
PHARMACY 403-251-6700

HOURS OF OPERATION
MON-FRI 8:00-4:00



PROGRAMS AND SERVICES

Home Care

Home and Community Care services are provided to Nation members based on needs identified through a client assessment. The belief of care is to help clients keep their independence in their own home and allow them to be close to their loved ones as long as possible. Quality Home Care services are provided in a holistic culturally sensitive manner that looks at the client's physical, social, spiritual and emotional needs. The services will support and improve the care provided by the family and community but should not replace it.

Home and Community care services are provided mainly by registered nurses, licensed practical nurse, health care aides and home support workers at the community level. The referral to home Care can be done by any community member, family members, friends , doctors, neighbors or hospitals by calling the Home Care program at 403 251 7575.

Medical Transportation

Criteria:

- One of the Medical Transportation Benefit Criteria is transportation will be provided to the nearest appropriate health professional or health facility.
- Medical Transportation is for medical appointments only!
- We follow the Medical Transportation Policy Framework through the Non-Insured Health Benefits (NIHB) program & First Nations and Inuit Health Branch.

We require:

- When you call to book please tell us, address, and name, phone number of the medical facility and doctor's name of where your appointment is.
- Also, please tell us where you need to be picked up, house number as well as phone number.
- Up to 48 hours' notice of appointment date, time, name of doctor and where to pick up client.
- Clients must be accompanied by an escort when needed. Escort must stay with patient at all times.
- Please call the day before your appointment in case there is a change.
- Be ready 1 hour before your appointment.
- We also reserve the right to refuse a client if they are verbally abusive to the drivers in anyway.

PROGRAMS AND SERVICES

Psychologists

ANGELA GRIER

M. ED COUNSELLING PSYCHOLOGY
403-890-7179
ANGELAGRIER@GMAIL.COM

LAURELLE LARSON

MA PSYCHOLOGIST
403-607-2955
LARSONCOUNSELLING@GMAIL.COM

CHRIS SCHOEPP

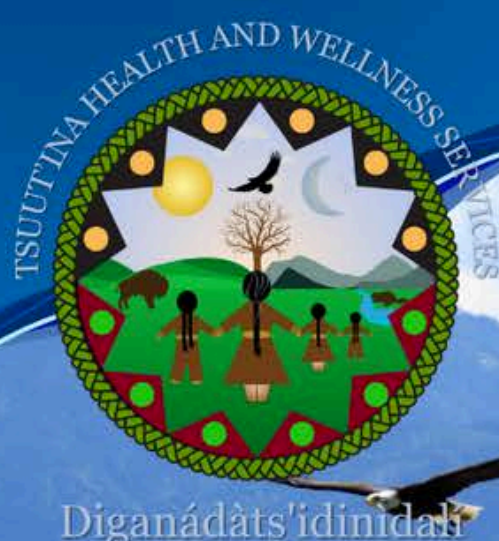
REGISTERED PSYCHOLOGIST
403-932-7580
CHRIS@WESTBROOKCOUNSELLING.COM

PIIOHKSOPANSKII (SINGING LOUDLY FAR AWAY)

Angela Grier M. Ed Counselling Psychology (Piikani/Blackfoot) is a Registered Provisional Psychologist. Grier has over 25 years of working and supporting First Nation individuals/communities through direct and systemic approaches. Over the past two years, Angela was the first Indigenous staff member at the national office for the Canadian Counselling and Psychotherapy Association in Ottawa. This experience created the opportunity to bring national attention to Treaty Seven mental health issues, especially around the opioid and drug crisis during her time as a Federal Lobbyist. Her work within post-secondary institutions, Southern Alberta Institute of Technology (SAIT), the University of Lethbridge (U of L) and as a member of the guest faculty for 15 years at the Banff Centre, in addition has given Grier the opportunities to participate in meaningful research and education streams that directly impact Indigenous communities here in Treaty Seven.

Angela says, However nothing has been more important than my work directly with children and youth, including my own four children and granddaughter. My work with the Office of the Child and Youth Advocate (OCYA) included education and advocacy surrounding children's rights and bringing attention to the overrepresentation of First Nation and Indigenous children in care. My late mother Sandra Grier, was an avid advocate for First Nation children and communities, and she provided much influence for this journey. I have also enjoyed many years of service in my home community of Piikani, including working within suicide intervention and prevention, counselling, youth advocacy and as an elected member of the Piikani Nation Chief and Council. I am very excited to continue supporting First Nation mental health directly through this important and honorable work with the Tsuutina Nation.

Over the past 25 years, Laurelle has been working within First Nation Communities ranging from Treaty 7 to Treaty 8 territories providing counselling services. For the past nine years, she has been working with the Tsuutina Nation providing services to community members ages 16 and up. Laurelle specializes in Psychodynamic approaches of therapy to help clients understand the root causes of current mental health struggles such as Anxiety or Depression. She uses 2 different approaches to work with historical or recent trauma, those are EMDR (Eye Movement Desensitization and Reprocessing) and SE Somatic Experiencing which is body focussed. In addition, she has International Addiction Training which she can assist with Substance and Behavioural Addictions for both those struggling and supporting family members. Laurelle says, "I absolutely love my work supporting my clients on their healing journey. I am happy to provide a phone consultation to new clients to answer any questions and explain my services".



Christopher Schoepp is a Registered Psychologist with a more than 10 years' experience working with clients in Morley, Big Horn, Eden Valley and Tsuutina. His experience living abroad and travelling extensively as well as his experience working with various First Nation communities in Alberta has led to an awareness and respect for cultural diversity that permeates his professional practice. Chris has worked in a variety of settings including behavioural treatment centers, community health centers, schools and private businesses. He managed community-based teams designed to build resilience in children, youth and families in three Alberta communities. Chris provides service to children, adolescents, couples and adults with concerns such as anxiety, depression, emotional regulation, aggression, transitions, trauma and family conflict. He has also worked extensively with children and families involved with the Child Protection system. Chris believes that the client/therapist relationship is the foundation of therapeutic success and that the approach taken must work for the client. Chris has experience in a number of therapeutic approaches including Cognitive Behaviour Therapy, Dialectical Behaviour Therapy, Solution Focused Therapy, Motivational Interviewing, and Narrative Therapy. In addition to providing counselling services, Chris is able to provide educational psychology services, including universal and targeted school programming, staff training, behaviour observations and psychoeducational assessments, as well as adult assessments.

Non-Insured Health Benefits

APPLICATION

To access the Non-insured Health Benefits program, an individual must be a registered Tsuutina Nation Citizen with a valid Tsuutina Band Number.

- Have all original receipts and/or invoices.
- Submit physical copies to NIHB Coordinator.
- Sign Cheque Requisition.

Covered Services:

- Dental
- Physio
- Eye Exam
- Medical Supplies
- Hearing Aid
- Contact Lenses (Under 18)
- Eye Wear

Priority

- Anyone with special medical condition will be considered priorities under the Tsuutina Non-insured Health Benefits Program.
- Elders and Children will also be considered a priority when funds are limited.

When booking an appointment with the Dental Office or Optometrist, ensure they work with NIHB. Please contact NIHB Coordinator for further Assistance.

- Acupuncture and Massage is now available at Tsuutina Health Centre.
- REQUIREMENTS:
- Referral from your Family Doctor.
- Appointment only.
- Require approval before appointments.



PROGRAMS AND SERVICES

Medical Clinic

The Medical Clinic strives to be a culturally safe space for community members to receive medical care. We book by appointment and do our best to triage and see urgent issues as soon as possible. We have 1-3 doctors that work shifts per day. For those we are unable to see soon enough, we refer to the city. Family physicians send referrals to specialists for more specific care. We see community members that live on or off the Nation. Building strong therapeutic relationship with community members is essential. The clinic is going through a growth spurt and we look forward to continuous improvement in patient care.



FAMILY PHYSICIANS

- Dr. Anne Kittler
- Dr. Christin Hilbert
- Dr. Elizabeth Erasmus
- Dr. Karishma Mehta,
- Dr. Melanie Morgan
- Dr. Neill Fox
- Dr. Venessa Shaneman
- Dr. Alanna Martineau

ONCALL PHYSICIANS:

Dr. Monica Skrukwa, Dr. William Forsey, Dr. Nicole Mensik.

The family physicians assess, diagnose, follow up on current medical issues, provide treatment, connect to resources, routine checkups, family planning, non-complex procedures and refer patients when needed.

MONTHLY SPECIALISTS

- The monthly specialists provide specific care in clinic based on specialty.
- Luke Rannelli Internal Medicine
- Dr. Mariah Fahey OB/GYN
- Dr. Cheryl Barnabe Rheumatologist

NURSES

- The Medical Clinic Nurses room and assess patients, triage patients, provide assistance to physicians when needed. Including advocating for patients, follow up on referrals, wound dressing changes, injections, ear flush, stitch removal, provide resources and connect with other Health Centre departments.
- Irish Claus - LPN
- Allyse Wasylyshen -LPN
- On-call Chantelle Mills - RN

MEDICAL ASSISTANTS

- The MOA answers phones, schedules appointments, oversees documentation, critical connector in clinic functioning and more.
- Trasel Almarinez, MOA

CLINIC COORDINATOR

- The Clinic Coordinator oversees the clinic staff, scheduling physicians, advocate and promote Tsuut'ina health and wellness. The Coordinator assists nurses as needed including the point of contact for community members that would like to give feedback or have questions regarding how the clinic can support their health/wellness journey.
- Moriah Whitney, LPN Coordinator
- moriah.whitney@tsuutina.com

CALL TO BOOK APPOINTMENT!

MEDICAL CLINIC HOURS

Mon-Fri 8:00am-4:00pm

Dental Clinic: 3 days a week

**Blood Collection Services:
3 days a week**

PROGRAMS AND SERVICES

GUJ'A Public HEALTH EDUCATION

PARTNERSHIPS

We believe that strong and lasting partnerships with community programs are key to supporting wellness and preventing chronic disease. Some of our wonderful partners include:

- Bullhead Adult Ed.
- Chiila Elementary
- Communications
- Daycare
- Disability program
- Elder's Program
- Ever Active Schools
- Food bank
- Fresh Routes

Guja/Fresh Routes Mobile Market

As part of our weekly produce market we:

- Provide a safe and affordable shopping experience for community members to purchase produce within their community
- Partner with local programs to provide vouchers to reach those with the greatest food insecurity

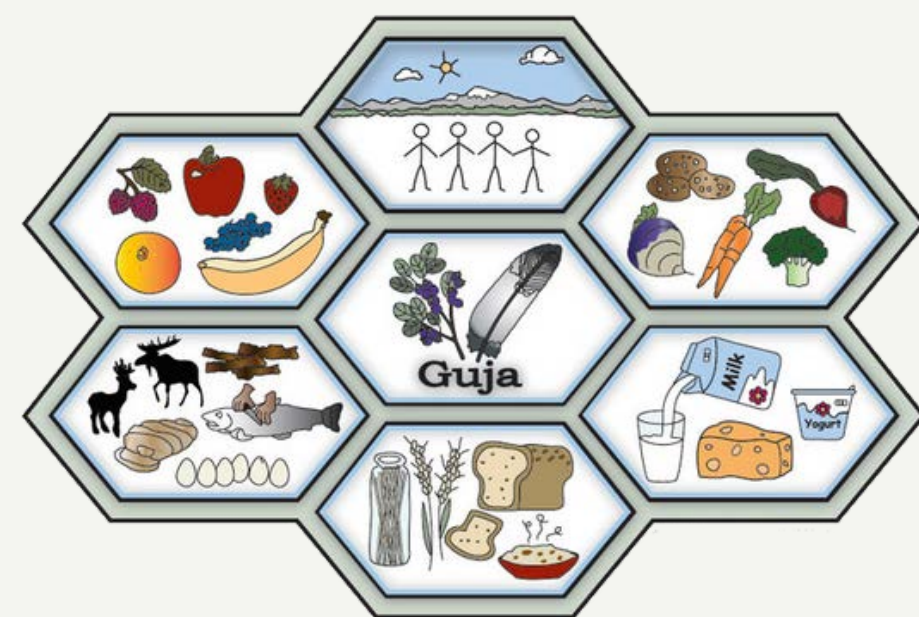
Nutrition Support

- Chronic disease management and prevention through Individual and family nutrition support (clinical or self-referral)
- Prenatal nutrition, infant feeding, breastfeeding, family meals
- Caterer training and menu development
- Healthy school/daycare program support
- Wellness workshops and work place health initiatives
- Group/individual support for emotional eating
- Cooking programs for groups such as kids in the kitchen, diabetes, parenting and disability

Diabetic Eye Screening

Many people living with diabetes have some form of eye damage or "diabetic retinopathy". It can lead to vision changes and blindness.

- Retinal photography allows early detection
- Diabetic retinopathy may not have any symptoms at first—finding it early can help protect your vision
- Everyone who has diabetes should get an eye exam once a year



School-based programs

- Wellness club: noon hour leadership and healthy living skills for grades 1 to 3
- Grades 3 & 4 diabetes prevention 17 week curriculum
- Grade 5 & 6 after-school cooking club "Masterchef"
- Middle school food literacy curriculum
- Support for physical activity by providing funds for after-school fitness class and needed gym equipment
- Weekly preschool snack series at daycare

Annual Events

- Diabetes Walk
- Community walk and healthy lunch to raise diabetes prevention and management
- Health Fair
- Community and surrounding health organizations gather to share resources and information to community members
- Provide wellness education at Tsuut'ina summer camps, Treaty Day, Teddy Bear fair and nation conferences



PROGRAMS AND SERVICES

Community Health

Mission

Empowering and enhancing the well-being of Tsuut'ina nation community through comprehensive health initiatives. We strive to provide accessible and culturally sensitive programs and services that promote holistic health and healing.

Community Health Services

- Immunization
- Well Baby Clinic
- School Health
- Communicable Disease program
- TB screening and follow up.
- Dog Bite Reports

Maternal Child Health

- Family Home Visits (Prenatal to 6yrs)
- Developmental Screenings
- Prenatal/Postnatal care
- Support & Implement CPNP
- Connecting families to health services and resources

Children's Oral Health initiative

- Childhood dental program
- Cavity prevention treatment
- School Dental Health services

First Nation Client Liaison (G4)

- Guide access to Health Programs on and off reserve.
- Clarify Medical Terms and Treatment Plans during healing.
- Connect Community Members with supportive contacts.
- Facilitate discussions with identified health professionals.
- Explain Policies and Programs to ensure needed Health Services.
- Advocate for clients when necessary.

Community Health Representative

- Assisting in the delivery of community health programs. (Well baby clinic & School health)
- Assists with communicable disease control programs.
- Assisting with community health resources.
- Community Health Advocacy
- Assist with needed environmental health efforts.

Community Based Water Testing

- Bacteriological Water Sampling.
- Chlorine Residual Testing
- Regular monitoring of public water systems.
- Offer bacteriological tests for well water

Early Years program

The Early Years program builds on community strengths and cultural context to enhance parenting capacity and early learning opportunities to result in better child health, well-being and learning outcomes at school entry and in life. The Early Years Visitor is responsible to implement The Early Years program to promote and facilitate healthy pregnancies and enhance parenting capacity and early learning opportunities for infants and toddlers by using The Early Years Toolbox, the Early Years Visitor will adapt practices to meet the needs of families while maintaining The Early Years recommended practices.



PROGRAMS AND SERVICES

Women's Supportive Housing

The Women's Supportive Housing will offer in-home and residence for Tsuut'ina Nation women over 18 years of age with five beds experiencing displacement, including extended support through peer support, land-based teachings, culture/language programming, and life skills programming. The Women's Supportive Housing programming will focus on trauma, grief, social-emotional skills and the prevention of reuse of the individuals substance of choice (well-briery, matrix, and mending broken hearts). The program will work closely with other Tsuut'ina Nation and off-nation programs to support the journey of women experiencing displacement and let the women know that support is available.

Culture and Language

The cultural and language coordinator coordinates programming focusing on Tsuut'ina culture, language and land-based teachings under the consultation of Tsuut'ina elders, knowledge keepers and the Tsuut'ina Gunaha program. The Cultural and Language Coordinator works closely with all programs under Tsuut'ina Health and Wellness Services, but not limited to, to provide any relevant content to enhance program delivery with a Tsuut'ina focus.

Addictions

The addictions counsellor will work closely with the client services coordinator, wellness counsellor facilitator, mental health liaison, wellness and outreach teams, and any other Tsuut'ina Nation programs to support Tsuut'ina Nation citizens and community members in their recovery journey. The counselor will provide up-to-date information regarding substance misuse, lead support groups, and use appropriate, evidence-based intervention strategies and treatment approaches for clientele. The addictions counsellor will also facilitate evidence-based programs and information (presentations) to clientele, families, community members and Tsuut'ina Nation programs.



TEAM DESCRIPTIONS

Wellness Team

The Wellness team will work with other Tsuut'ina Health & Wellness programs, Tsuut'ina Nation programs, Calgary, and surrounding programs to promote education and awareness of mental health and overall well-being from preventative and proactive framework. When building positive working relationships with other Tsuut'ina Nation programs, the wellness team will focus on children and youth programming. However, it will not be limited to other collaborative programming for all Tsuut'ina Nation citizens and residents to promote awareness and education of mental health and healthy overall well-being.



Peer Support and Outreach

Overview

The purpose of this mandate is to define the role and practices of the Peer Support and Outreach Team. This team is dedicated to connecting with individuals and families in their environments, be it in their homes, on their land, or in community spaces. We offer direct, flexible, and culturally relevant support, with a focus on fostering trusting relationships with those who may be disconnected from services due to factors such as colonization, trauma, homelessness, mental health challenges, or substance use.

The team is committed to reducing barriers, addressing urgent needs, and promoting wellness through culturally safe methods that respect autonomy, dignity, and Indigenous ways of knowing and healing, guided by a harm reduction philosophy.

Youth Outreach

Overview

The Youth Outreach Workers (BSW, RSW) are passionately dedicated to empowering youth and young adults through engaging and supportive interactions rooted in trauma-informed practices. Our mission revolves around fostering safe, nurturing environments for individuals aged 12 to 30, where they can thrive and feel valued. We aim to equip young people with essential life skills, enhance their resilience, and offer practical assistance tailored to their unique needs.

In our commitment to holistic care, we collaborate closely with school counselors and various community partners, creating a network of support that ensures youth have access to comprehensive resources. This collaborative approach helps us address their diverse challenges while promoting their overall well-being. If you have any questions or would like to make a referral, please don't hesitate to contact us. We are here to help and support the youth in the Tsuut'ina community.



Services:

- Client case management
- Prevention support
- Navigation of services internally and externally
- Programming initiatives



POLICIES AND PROCEDURES



TSÚŪT'INÀ XÀKÚAGHÁ TSUUT'INA NATION HEAD CHIEF & MINOR CHIEFS

403-281-4455
9911 CHIILA BLVD.,
TSUUT'INA NATION, AB
T3T 0E1

Date: October 17, 2025

HEAD CHIEF & MINOR CHIEFS MOTION

WHEREAS Head Chief & Minor Chiefs of the Tsuut'ina Nation have been duly elected pursuant to the provisions of the Head Chief & Minor Chiefs Electoral Code and are empowered to act on behalf of the citizens of the Tsuut'ina Nation;

AND WHEREAS Head Chief & Minor Chiefs of the Tsuut'ina Nation have met in a quorum at a duly convened meeting held on October 17, 2025;

AND WHEREAS by motion moved by Minor Chief Kelsey BigPlume and seconded by Minor Chief Steven Crowchild and carried,

THEREFORE BE IT RESOLVED THAT Head Chief and Minor Chiefs hereby approve the Tsuut'ina Nation Health and Wellness Policies and Procedures in principle, effective October 17, 2025, inclusive of technical edits provided by General Legal.

Further, designate the Health Committee as the delegated authority to oversee and approve subsequent amendments to the Health and Wellness Policy in accordance with the Legislative Procedures Act.

Further, the Health Committee is directed to prioritize the completion of substantive amendments identified during the October 2025 Legislative Assembly and ensure these are completed in November 2025.

In Favour: 6

Opposed: 0

Abstain: 1

Excused: 5

Minor Chief Tyson Heavenfire
Head Chief & Minor Chiefs October Chairperson

cc: Head Chief & Minor Chiefs
Finance
Terry Braun, General Legal Counsel

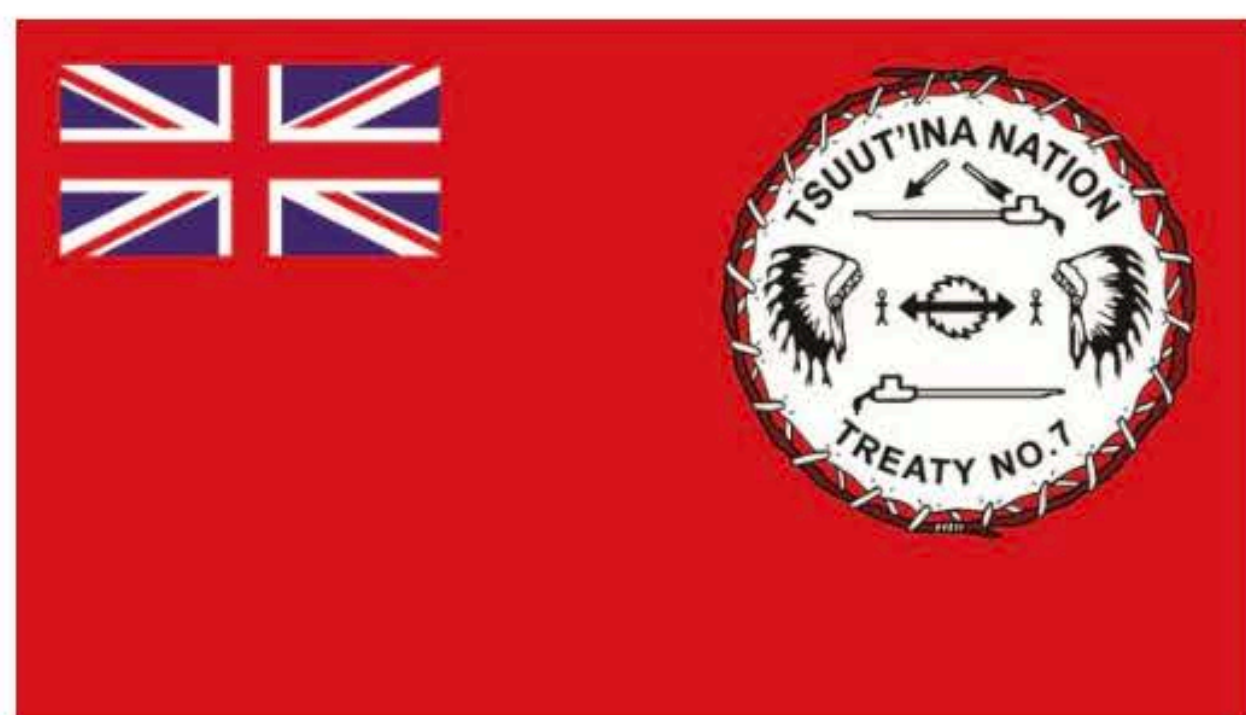
Jerry Simon, Chief Executive Officer
Andrew JR Onespot, Senior Operations Officer
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POLICIES AND PROCEDURES



TSUUT'INA NATION



COMING INTO FORCE NOTICE



THE FOLLOWING DOCUMENT WAS RATIFIED ON OCTOBER 17, 2025 THROUGH THE TSUUT'INA LEGISLATIVE PROCESS STREAM "B" AND IS ENFORCEABLE WITHIN THE JURISDICTION OF TSUUTINA NATION.

Title: Tsuut'ina Nation Health and Wellness Services Policies and Procedures

Coming into Force: October 17, 2025

Number: PP.HWS.2510

Copies of this legislation may be obtained through the following sources:

Legislative Procedures Technical Services Department

Email: lpts@tsuutina.com

Hard copies may be obtained from the Legislative Procedures Technical Services Department (LPTS) Chief Joseph Big Plume Building.

For further information please contact:
Jordan Big Plume, Governance Portfolio Executive Director
jordan.bigplume@tsuutina.com or (403) 238-6123
William Big Plume, LPTS Director
william.bigplume@tsuutina.com or (403) 238-6121

POLICIES AND PROCEDURES



Tsuut'ina Legislative Procedures – Health and Wellness Services Policies and Procedures



Scope and Purpose

- The manual outlines policies for all Health and Wellness Services (TTNHWS), applying to employees, participants, clients, assets, and facilities.
- It supports the Nation's Treaty right to health, guiding program evolution to meet community needs.

Key Principles

- **Respect for Dignity:** Services are delivered with respect for individual uniqueness, privacy, and cultural customs.
- **Community Partnerships:** TTNHWS maintains relationships with local agencies, participates in community events, and promotes collaboration.
- **Nation Involvement:** The Nation is engaged through presenters, volunteers, and participation in cultural and educational activities.

Persons Served

- Services target all Tsuut'ina Nation citizens and residents, especially those with substance misuse, abuse history, or socio-economic challenges.
- **Inclusion:** No discrimination based on disability, orientation, beliefs, or background. Traditional and alternative healing practices are respected.

Confidentiality and Consent

- Strict confidentiality for participant/client information, with release only by signed consent or legal requirement.
- Informed consent is required for all services, except in emergencies.

Safety and Emergency Management

- Monthly safety meetings; emergency procedures for fire, flood, and other crises.
- Emergency numbers are posted throughout facilities; 911 is the primary contact for urgent situations.

Quality Improvement

- Continuous evaluation and improvement of services through annual reviews, surveys, and performance evaluations.
- Data collection supports outcome monitoring and reporting to funders.

Quality Improvement

- Employees and volunteers adhere to a strict code of ethics, maintaining professional boundaries and respect.
- **Participant and Client Bill of Rights:** Ensures dignity, safety, informed consent, and freedom from discrimination.

Significance:

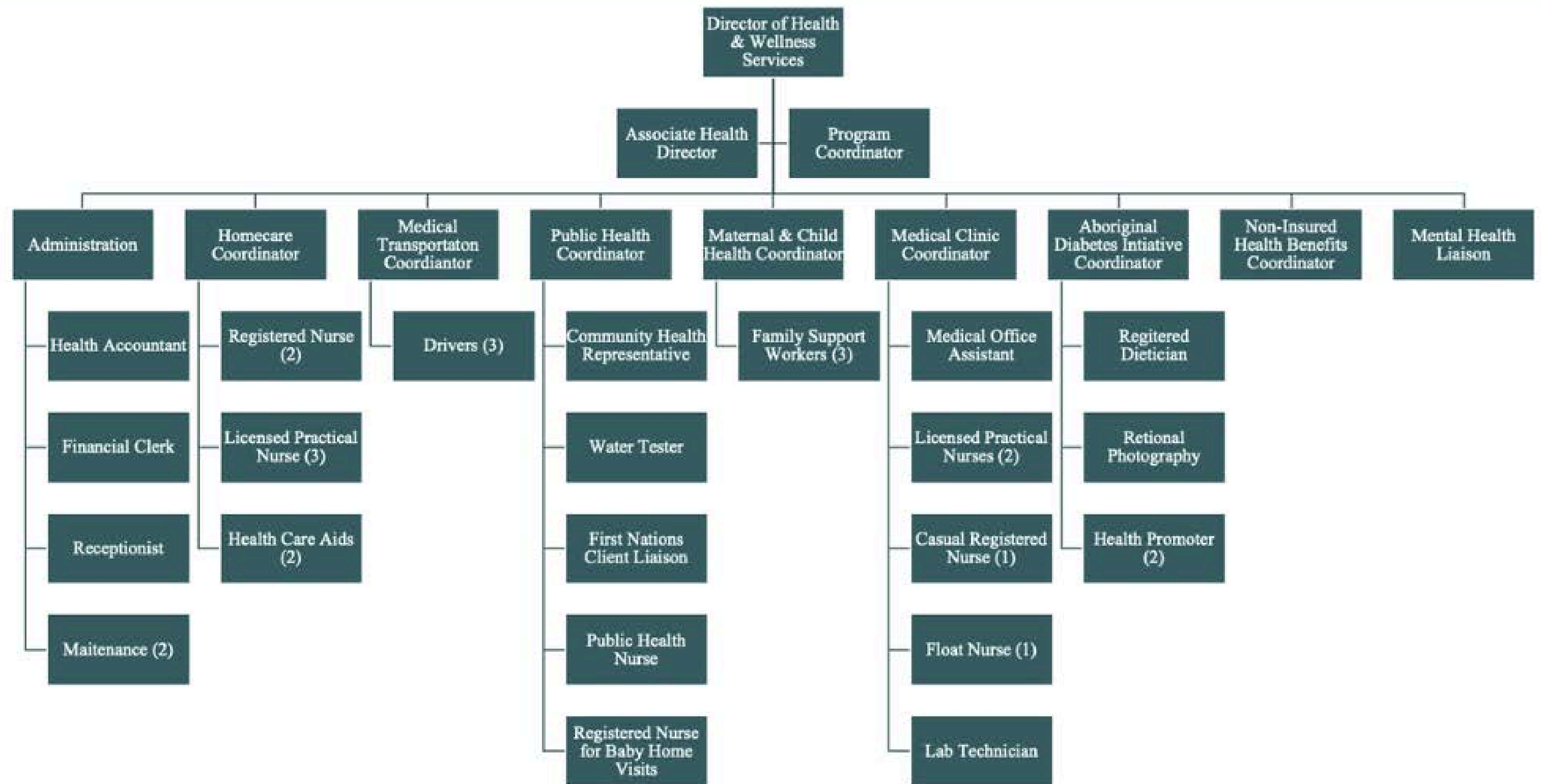
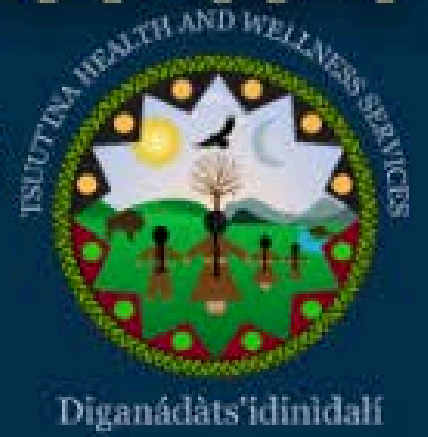
This policy manual is foundational for delivering culturally respectful, safe, and effective health and wellness services to the Tsuut'ina Nation. It emphasizes holistic care, confidentiality, and the protection of participant and client rights.

Updated: 10/20/25



TSUT'INA NATION HEALTH & WELLNESS SERVICES

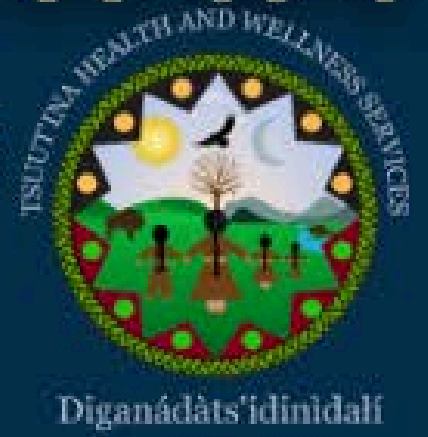
2025 STRUCTURE



TSUT'INA NATION HEALTH & WELLNESS SERVICES

WELLNESS STRUCTURE

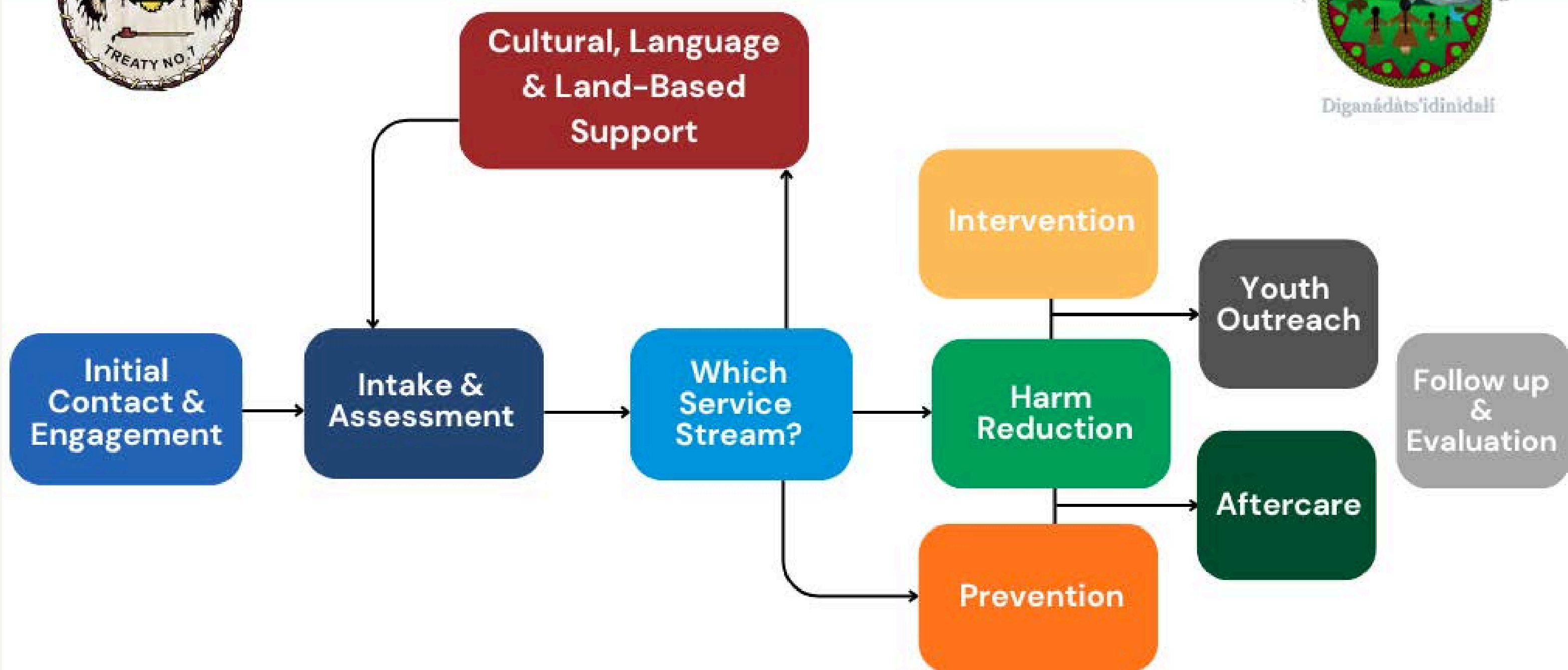
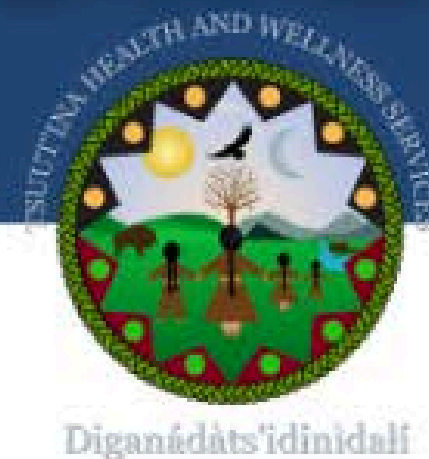
2025



CLIENT SERVICE FLOW CHART



TSUT'INA NATION HEALTH & WELLNESS SERVICES CLIENT SERVICE FLOW CHART



CONTINUUM CARE MODEL



TSUUT'INA HEALTH & WELLNESS SERVICES

CONTINUUM CARE MODEL



Diganádàts'idinìdali

PREVENTION



OVERVIEW

In the continuum of care model, prevention is a key part of educating people about trauma.

This approach helps address the effects of historical and intergenerational trauma on individuals and communities. By using trauma-informed practices, we create a supportive environment for healing and help prevent children from getting involved in high-risk lifestyles.

We do this by providing strong support and resources that encourage healthy growth and resilience in children. Educational programs that focus on emotional well-being, life skills, and coping strategies are important for empowering young people. When we give them the knowledge and tools they need, we can help them make positive life choices and break the cycle of trauma. This ultimately leads to safer and healthier communities.

HARM REDUCTION



OVERVIEW

From an Indigenous approach, harm reduction is deeply rooted in cultural values, community care, and holistic well-being. Indigenous communities have long recognized the interconnectedness of people, the environment, and the spiritual realm.

This perspective shapes how harm reduction is approached in Indigenous contexts, offering unique insights into health, addiction, and social issues.

STABILIZATION



OVERVIEW

Stabilization is a critical first step in supporting individuals living with addiction, particularly in preventing relapse and fostering connection.

It involves creating a safe, structured environment where individuals can address immediate physical, emotional, and psychological needs, which lays the foundation for long-term recovery.

INTERVENTION



OVERVIEW

An effective intervention for Aftercare support plays a vital role for individuals recovering from addiction or trauma combines both Western practices and holistic approaches, often referred to as a "two-eyed lens" approach.

This method recognizes the strengths and contributions of both paradigms, allowing for a comprehensive and culturally sensitive strategy for healing.

AFTERCARE



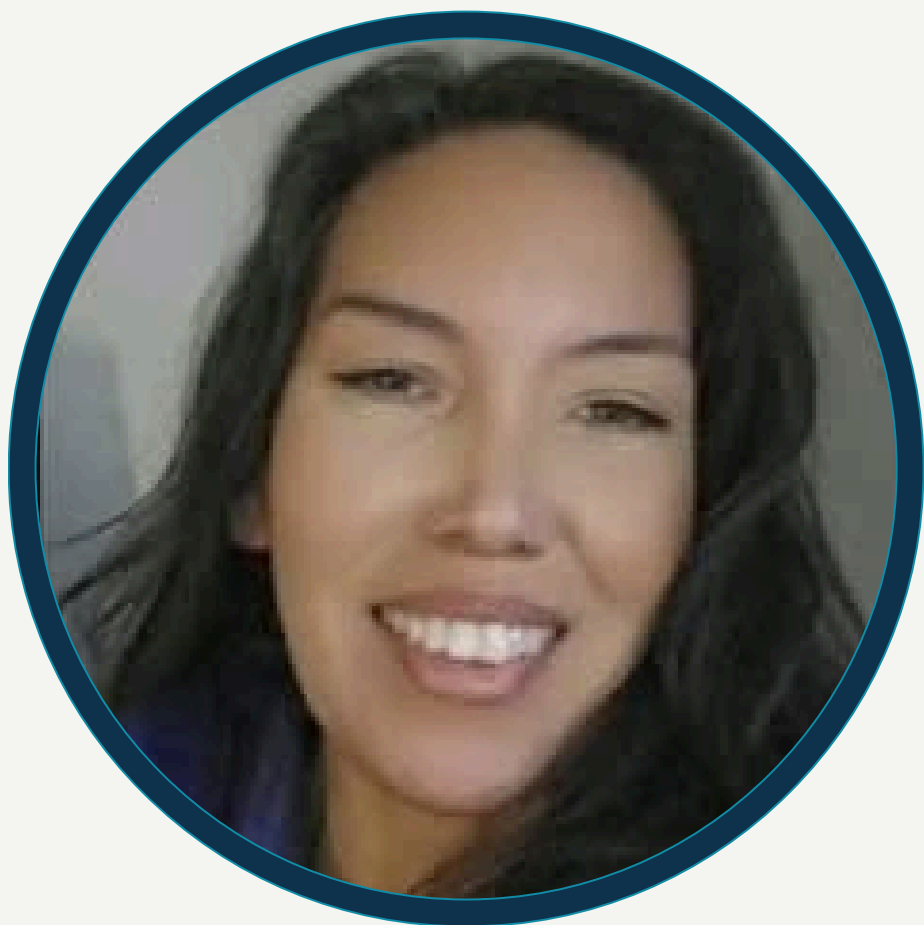
OVERVIEW

Aftercare support plays a vital role for individuals recovering from addiction or healing from past trauma. It offers ongoing guidance, resources, and structure essential for long-term recovery and healing. By using a two-eyed lens-integrating both Western approaches and holistic, culturally rooted practices - this support enhances the effectiveness of care.

It addresses both the mind and spirit, leading to a more profound and comprehensive healing process.



NEW SPECIALISTS



NANCY KINYEWAKAN MENTAL HEALTH THERAPIST

B.A. First Nations & Aboriginal Counselling |
M.Ed. Counselling Aboriginal Communities |
Registered Clinical Counsellor (RCC)



Hello, my name is Nancy Kinyewakan. I am from Sioux Valley First Nation on my mother's side and Peguis First Nation on my father's side. I recently moved to Calgary and am grateful to be living and working on the territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina Nation, and the Îyâxe Nakoda Nations, as well as the Métis Nation of Alberta, Region 3.

Having worked for over 20 years counselling Indigenous people and running my private practice, I find my passion in supporting Indigenous people to resist violence in all forms, especially within colonial systems. My deepest gratitude centers on being a witness through people's journeys of transformation.

My practice is grounded in Indigenous ways of knowing, with respect for culture, ceremony, and community and bring training in several trauma therapies, working from a perspective that supports safety and resilience.

I have been honoured to provide mental health support in partnership with organizations such as the WSÁNEC School Board, the First Nations Health Authority, the Support Network for Indigenous Women and Women of Colour, the BC Human Rights Commission, and the Representative for Children and Youth. I am also a longtime community volunteer with the Stolen Sisters Memorial March, supporting awareness and healing for Missing and Murdered Indigenous Women, Girls, and Two-Spirit people.

CONTACT INFO

Tele: 250-661-5552

Email: kccshome@gmail.com

Website: <https://kinyewakanindigenouscounsellingservices.com>



DR. ANNE DUFFY

TSUUT'INA HEALTH & WELLNESS
SERVICES IS NOW OFFERING
PSYCHIATRY SERVICES WITH
DR. ANNE DUFFY

Dr. Anne Duffy is a Psychiatrist from Canada. She earned her medical degree from the university of Calgary and completed her training at the University of Ottawa. Dr. Duffy specializes in child and adolescent psychiatry and adult mood disorders. she focuses on how mood disorders start and develop in young people, which is an important time for brain growth and social development. This services assists patients referred by primary care providers such as family doctors or nurse practitioners, with non- emergency mental health issues like anxiety, depression, or suspected psychosis.

Dr. Duffy welcomes peer consultations for primary care providers and the mental health team at the Tsuut'ina Health and Wellness Services regarding clientele. Dr. Duffy provides education on prevention and early intervention for the clinic and community.

To book an appointment with a primary care professional within the Tsuut'ina Medical Clinic, Please cal 403-251-7575

COLLABORATIONS



Prevention Dollars Overview

With funding provided by Indigenous Services Canada for prevention, Tsuut'ina Health & Wellness Services is committed to providing support through a two-eyed lens approach. This approach incorporates Tsuut'ina culture, language, and land-based activities. The funding enables us to implement a range of services and activities designed to enhance safety and well-being within the Tsuut'ina Nation. The funding supports three levels: primary, secondary, and tertiary. By emphasizing culturally relevant strategies, Tsuut'ina Health & Wellness Services is committed to creating a nurturing environment that empowers families and strengthens the Nation as a whole.

The funding has created a significant opportunity for Health & Wellness to enhance capacity and forge partnerships with other programs to deliver primary preventative initiatives. There is also a strong emphasis on supporting children and youth to develop a solid foundation of emotional, social, and cognitive skills. These practices will contribute to the growth of resilient and healthy children and youth, ultimately helping them become resilient adults.

The services offered to address various challenges include, but are not limited to, psychiatric and psychological services, counselling support for children, youth and adults coping with traumatic events, food security assistance, psycho-educational assessments for children under 18 years old, respite support, and other family-related services as requested. Additionally, residential support is available through the Transformations program, located near Prince George, British Columbia.

The funding has played a pivotal role in strengthening collaboration and ongoing support across various Nation departments. Over the years, Health and Wellness Services has partnered with the Tsuut'ina Youth Program, Recreation Department, 7 Chiefs Hockey Program, Agriplex Youth Riding Program, Disabilities Services, Early Intervention Program (EIP), Guja Food Program, Food Bank, and Tsuut'ina Education to deliver diverse programming for youth and families throughout the community.

Through partnerships with the Recreation Department, Youth Program, Disabilities Services, and EIP, we have hosted a range of family engagement nights, youth information sessions, recreational initiatives, and non-traditional sports opportunities such as skateboarding. These inclusive programs provide healthy and creative outlets for youth who may not find connection with conventional sports. To further inspire participants, professional and Olympic-level skateboarders, recognized nationally and internationally, have been invited to mentor youth, fostering confidence, perseverance, and community connection through sport.



COLLABORATIONS



Overview continued...

Financial assistance has also been provided to parents, guardians, and youth participating in the Alberta Indigenous Games, helping to ease financial pressures. Additional funding supports recreational activities for children and youth under the age of 18, promoting their social and physical development within established limits. The funding has further supported Youth Fit Foundation memberships, which focus on mindfulness, nutrition, and exercise. Our collaboration with the 7 Chiefs Hockey Program has also provided financial support for youth hockey camps, encouraging skill development, teamwork, and active, healthy living.

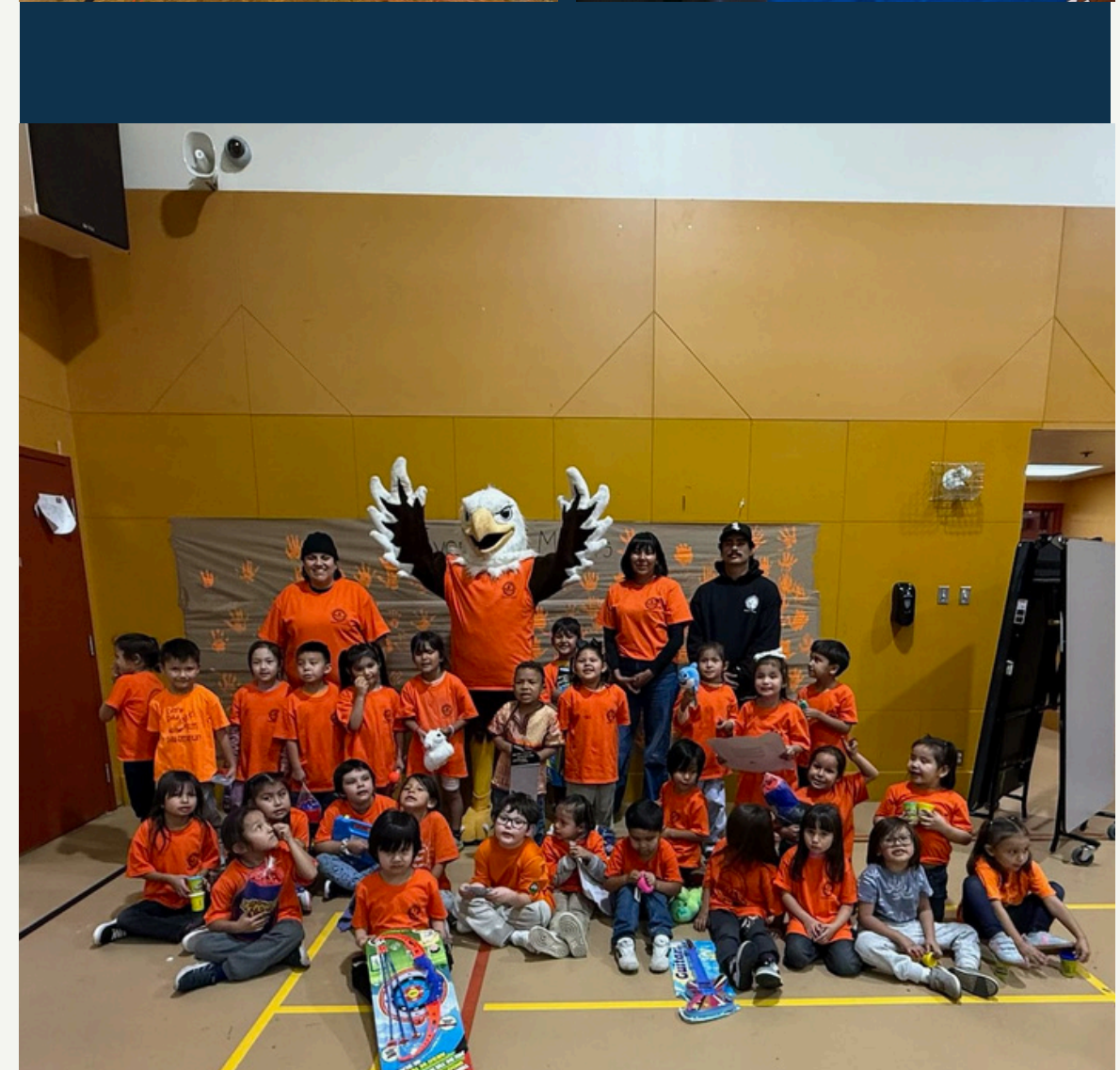
In partnership with the Agriplex Youth Riding Program, we have co-hosted community High Point events that engaged more than 100 community members per event. We also contributed essential supplies, including boots and equipment, and provided on-site support during weekly program nights, ensuring participants had access to both nourishment and guidance.

The funding has continued to sustain attendance incentive programs at Chilla Elementary and Big Belly Middle School. A strong partnership has also been established with Tsuut'ina Education, encompassing all three Nation schools. This collaboration supports attendance initiatives and ongoing student engagement through classroom programming and mentorship opportunities.

The Wellness and Youth Outreach Teams have facilitated Edwin reading and colouring book sessions that focus on basic emotions, grief, and loss, helping younger students build emotional awareness and coping skills. At Many Horses High School, the teams offer educational presentations and mentorship opportunities that foster positive decision-making, leadership, and personal growth.

Additionally, funding has been allocated to the Guja Food Program's food security initiatives, which include Christmas Family Hampers, grocery gift cards, and workshops focused on trauma, grief, and family support. We have also partnered with the Tsuut'ina Food Bank to provide \$200,000 in direct funding, strengthening food security efforts and ensuring that families across the Nation have consistent access to nutritious food and essential resources throughout the year.

Collaboration and partnerships continue to thrive across multiple departments, focusing on prevention and initiatives that empower children, youth, and families through a two-eyed seeing approach. This holistic framework acknowledges the significance of addressing intergenerational trauma while emphasizing the importance of culture, language, and land-based activities as vital components of recovery, resilience, and family preservation.



ANNOUNCEMENTS



Announcement for the Newsletter from Community Health:

Flu and COVID-19 shots (No Charge) are available at the Health Centre.
Please call Karen Dodginghorse at the Health Centre to book your appointment.

Tsuut'ina Pharmacy offers the Flu vaccine, but does not have the COVID-19 vaccine.

Measles continues to circulate in Alberta. Two doses of the measles vaccine provide full protection against this serious and highly contagious disease.

Call the Health Centre to check if you and your family are up to date with your vaccinations.



Maternal Child Health Program:

Fall Prenatal Classes run from October 7 – November 25th from 1:00-3:00 at the Health Centre consisting of 7 sessions. The Early Years Program assisted the ADI team with their kids in the kitchen Halloween Event.

The Early Years team organized an Early Years Family Pumpkin Painting event October 29th with the Early Years families.

The Early Years Team is planning rattle making classes with Richard LeBlanc December 1st and 5th from 11:00-2:00. Lunch will be served.

The Early Years Team will also be doing an Elf on the Shelf event and contest for the Early Years families for the month of December. - details yet to be confirmed.

The Early Years Toolbox Cards and curriculum is fully developed as well as the Impact database to provide structure and direction for the Early Years Family visitors to provide parenting supports to the families in the community. The Early Years course is a 45-hour course developed in Tsuut'ina language and culture that is being developed in hopes of providing an ECE level one course to all members of the community. This has a tentative completion date of March 2026. Please see attached local artwork used for both the toolbox cards as well as for the Early Years course.



NAAW

NATIONAL ADDICTIONS AWARENESS WEEK

NOV
2025

ADDICTION IMPACTS MANY OF OUR PEOPLE, BUT IT DOES NOT DEFINE US. JOIN US AS WE RECLAIM OUR WELLNESS THROUGH OUR GREATEST STRENGTHS: CULTURE, COMMUNITY, AND CONNECTION. THIS YEAR'S THEME IS "ANCHORING HOPE".



Diganádàts'idinìdahí

17

PIPE CEREMONY/ MADD PRESENTATION

9 - 12 PM

BULLHEAD HALL

18

LAND BASED HEALING - SWEAT TEACHINGS

930-3 PM

SPIRIT HEALING LODGE

19

FAMILY DYNAMICS INFO SESSION

930-230 PM

SPIRIT HEALING LODGE

ADDICTIONS WORKSHOP

5-8 PM

GREY EAGLE RESORT

20

FAMILY JEOPARDY NIGHT

6-8 PM

BULLHEAD HALL

21

RATTLE MAKING WORKSHOP AND ELDER STORYTELLING

930-3 PM

SPIRIT HEALING LODGE

22

NAAW/ MEN'S MENTAL HEALTH ROUND DANCE

7 PM - MIDNIGHT

BULLHEAD HALL

CONTACT 403-542-6853 OR 403-463-4527

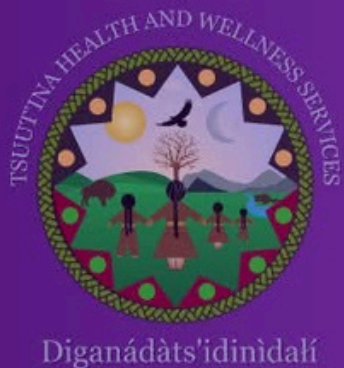


NAAW: ANCHORING HOPE

PIPE CEREMONY

START TIME 9:30AM | BULLHEAD HALL

**BREAKFAST/ LUNCH
PROVIDED**



**MADD PRESENTATION
10:30AM**

For More Info Please contact Outreach & Peer Support: (403) 542 - 6853

Family Dynamics **INFO SESSION** NALOXONE TRAINING



**NOV
19TH**

**LIMITED TO 20
PARTICIPANTS**



**930AM-
230PM**

Learn about family roles
when impacted by
addictions and
supportive strategies.

Lunch Provided

**SPIRIT HEALING LODGE
REGISTER NOW
CONTACT 403-542-6853**



NAAW 2025 - Anchoring Hope Presented by Tsuut'ina Health & Wellness **Addictions Workshop**

November 19th | 5pm to 8pm | Grey Eagle

Ages: 18+ | First 60 Registrants

Our goal:

To foster understanding,
compassion, and recovery
within our community. In
the face of addiction, stand
united with your loved
ones, through genuine
empathy and unwavering
support.



**For more Information or to Register
contact Outreach & Peer Support
(403) 542 - 6853**

SWEAT TEACHINGS WITH ELDER

November 18, 2025

- 10AM-3PM
- Spirit Healing Lodge
- Lunch Provided

Register:

403-542-6853



IN RECOGNITION FOR NAAW 2025

RATTLE MAKING WORKSHOP



STORYTELLING WITH ELDERS

Join us for this cultural workshop and the opportunity to spend time with Elders . Open to 20 participants

Nov. 21 9:30 am - 3 pm
Spirit Healing Lodge

REGISTER NOW
403-542-6853 403- 463-4527



Diganáats'idinidali

MOVEMBER

JOIN OUR MOVEMBER MUSTACHE CONTEST
AND HELP RAISE AWARENESS FOR MEN'S
MENTAL HEALTH



START DATE: NOVEMBER 10TH

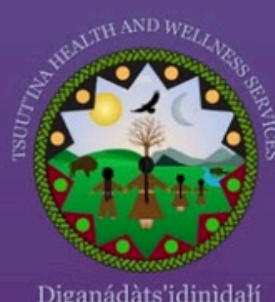
END DATE: NOVEMBER 30TH

OPEN TO NATION & COMMUNITY MEMBERS ONLY

TO ENTER: SUBMIT MUSTACHE PHOTO IN
COMMENTS OF TSUT'INA HEALTH & WELLNESS
FACEBOOK CONTEST POST OR TO WELLNESS
(587) 834-8631

OUR STRENGTH IS IN OUR STORIES.
LET'S SHARE THEM

FOR MORE INFORMATION,
CONTACT THE WELLNESS
TEAM: 587-834-8631



Diganáats'idinidali



NAAW: ANCHORING HOPE
MEN'S MENTAL HEALTH
NOVEMBER 22ND 2025

ROUND DANCE

PIPE CEREMONY
6:00PM

MC: ELLERY STARLIGHT
FLOOR MAN: DESI RIDER
STICK MAN: JESSE PELLETIER

BULLHEAD HALL 7pm-midnight
DINNER PROVIDED

TSUT'INA HEALTH AND WELLNESS ALONG WITH TSUT'INA
NATION ARE NOT RESPONSIBLE FOR LOST OR STOLEN
ITEMS. ALSO NOT RESPONSIBLE FOR TRAVELLING FUNDS

Tsut'ina Health and Wellness Services
Presents

NATIONAL ADDICTIONS AWARENESS WEEK
COMMUNITY JEOPARDY

1st / 2nd / 3rd Place Prizes | Door Prizes | Dinner Provided

November 20th
6:00PM - 8:00PM

Bullhead
Community Hall

For Further Info contact the
Wellness Team: (403) 463 - 4527



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TSUUTINA HEALTH AND WELLNESS SERVICES

OUTREACH SERVICES



Meeting you where YOU are at, with Compassion, Care and Culture! No Judgement, only Support for our Community Members.

OUR SERVICES

- Food Hamper Support
- Supplying hygiene items, snacks, seasonal items as needed for our people
- Peer Support and Client Advocation
- Navigation of Resources and Supports
- Community Outreach
- Harm Reduction Support
- Naloxone Training and Distribution

CONTACT US

- 403-542-6853 Courtland Fox
- 403-477-4682 Jewel Baptiste
- 587-839-0491 Graham Rowan
- 587-839-0644 Lucas HF-OS
- courtland.fox@tsuutina.com



DIFFERENCE BETWEEN DEBRIEFING, EMOTIONAL & PSYCHOLOGICAL DISTRESS & EMERGENCY



Diganádàts'idinìdaí

EMERGENCY

A life-threatening or high-risk situation requiring immediate intervention.

DEBRIEFING

A structured reflection process after a stressful or traumatic event.

EMOTIONAL & PSYCHOLOGICAL DISTRESS

Intense negative emotions temporarily affecting functioning.

Example

Domestic violence situation or someone attempting suicide.

Example

A team debriefs after responding to a client overdose.

Example

A client feels overwhelmed and anxious.

FOR EMERGENCY, PLEASE CALL 9-1-1

Resources:

Tsuut'ina Health & Wellness Support Line
(403) 819-6602

Hope for Wellness Line
1-855-240-3310

Distress Centre
(403) 266-4357

Suicide Crisis Line
9-8-8

Contact us:

Richard Leblanc
Lead Mental Health Therapist
(403) 835-9707

Cathy Jarmain
Mental Health Liaison
(587) 834-1097

Courtland Fox
Harm Reduction & Outreach Coordinator
(403) 542-6853

MENTAL HEALTH AND YOU



CHECK YOURSELF

Effective communication begins first with YOU! Before we can pass on any message to another person, it's important to understand how our own self, mood, feelings, thoughts, assumptions - might alter or taint the message we are trying to share. If we are having a bad day - it's likely that some of those feelings might carry across in the way we think, speak and hold ourselves. A self check-in can be done quickly and simply by asking yourself a few questions.

FEELINGS + EMOTIONS

How am I feeling today?

Am I content, happy, sad, angry, annoyed or frustrated?

Am I able to control how I'm feeling in order to engage and relate to the person in front of me?

Am I in a safe emotional state to have this conversation?

Do I feel defensive or backed into a

ANXIETY + STRESS

On a scale of 1 -10 how anxious do I feel right now? Is my stomach in knots or am I calm?

Do I need to ground myself before having this interaction? How can I do that?

Will this conversation trigger me or create stress? How can I manage myself if I do feel uncomfortable or triggered during this conversation?

Do I need to have an escape plan or planned time out if it becomes overwhelming?

Is this the best time to have this conversation?



THOUGHTS

What am I thinking right now?

Are my thoughts racing or are they calm?

Am I in a state of reaction or am I able to think to respond?

Are my thoughts rational or am I feeling led by my emotions?

Do I have any expectation of what I want to happen? Will these change my ability to be open minded?

What can I do to clear my thoughts and come to this engagement with an open mind?

JUDGEMENTS + ASSUMPTIONS

Have I experienced a similar conversation or situation before?

Do I have an open mind or am I placing judgements on this situation?

What assumptions am I making about what has gone on or will go on?

How can I clear my mind and be open to THIS situation?

MENTAL HEALTH AND YOU

REDUCING ANGER

THOUGHTS

to correct negative thinking
Challenge your thoughts ie.
Ask yourself "Is that true?"
"Do I want to think that way?"

SELF TALK

-to correct negative head talk
"I can get through this"
"This is hard but I'm okay"
"I'm doing this for my sisters"
"I'm a good kid and trying"

CONTROLLED BREATHING

SLOW DEEP breathing
5 seconds in, 5-10 seconds out
This calms your Nervous System

PHYSICAL EXHAUSTION

-to help release built up tension and Angry energy

- Punching bag
- Running as fast as you can
- Throwing a ball as hard as you can (into ground or at brick wall)
- Jumping up and down

SELF OBSERVATION

Notice the signs of oncoming anger and plan strategies to help reduce them ie. tension, sweating, heart rate, wanting to punch something, shallow breathing, blame, negative thoughts

LOWERING BODY TEMPERATURE

Cooling down helps you relax

- use a cold face washer
- drink ice water
- Have a cold shower

COMMUNICATION

Express what has led to Anger and what you need for support ie "I'm feeling Anxious and needed to get out of the house to distract me"

UNDERLYING EMOTIONS

Try and connect to the emotion Under the Anger

• Hurt	• fear
• frustration	• loneliness
• feeling let down	• worry
• Betrayal	• Anxiety
• feeling unsafe	• feeling lied to

and seek support to help resolve it

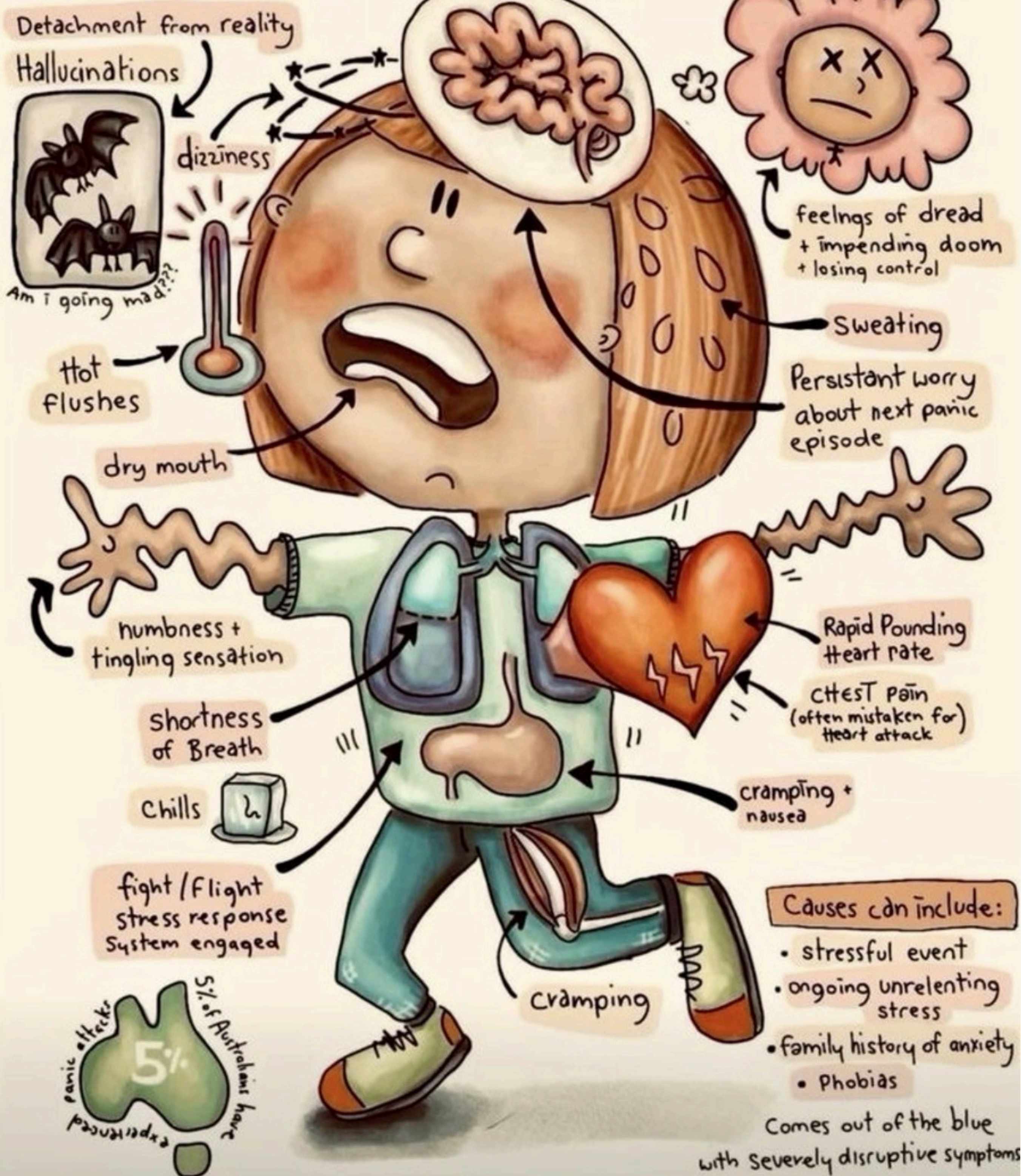


MENTAL HEALTH AND YOU



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PANIC Attacks + Panic Disorder



Causes can include:

- stressful event
- ongoing unrelenting stress
- family history of anxiety
- phobias

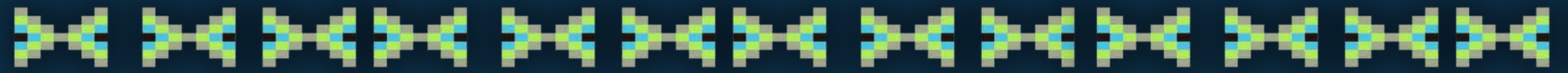
Comes out of the blue with severely disruptive symptoms

every person's experience of panic is unique

MENTAL HEALTH AND YOU

PHYSIOLOGY of GRIEF.





PAST EVENT PHOTOS



UPCOMING EVENTS



Fall Prenatal Class Session 7



Tuesday, November 25th

**Come to the Tsuut'ina Health Centre
to learn about:**

- Nutrition
- Children's Oral Health Initiative (COHI)



**Tsuut'ina Health Centre
72 Bullhead Road, Tsuut'ina
Nation**

Register with the Early Years Team @
403-251-7575



Fall Prenatal Class Session 6

**Tuesday November 18th
1:00-3:00pm**

**Please come out to the Tsuut'ina Health Centre and
learn about:**

- Routine Vaccines
- Vaccine Preventable Diseases
- Dental Care during your pregnancy
- How to care for baby's teeth
- NIHB



Lunch Provided!

**Tsuut'ina Health Centre
72 Bullhead Road, Tsuut'ina
Nation**

Register with the Early Years
Team
403-251-7575



Guja Food Market

Pre-assembled boxes of fruit, vegetables, a dozen eggs

Retail Value: \$35

Fresh Routes price: \$20



Apples x 4	Potatoes x 1 Bag
Bananas x 4	Garlic x 1 Pack
Oranges x 4	Red Onion x 1
Pears x 3	Tomatoes x 1
Lemon x 1	Zucchini x 1
Blackberries x 1	Eggs x 1

Time: Every Wednesday @2:00PM-4:30PM or until sold out.

Pick-up is at the Bullhead Community Hall.

Vouchers, Cash, Debit or Credit Accepted



fresh routes



UPCOMING EVENTS



4 SEASONS

WOMEN'S GROUP

SPIRIT HEALING LODGE EVERY TUESDAY
5PM TO 8PM

ACTIVITIES INCLUDE:

- ARTS & CRAFTS
- SEWING REGALIA
- YOGA
- GUEST SPEAKER
- MOCCASIN MAKING
- DINNER

EMAIL ONLY : HEATHER.MEGUINIS@TSUUTINA.COM TO REGISTER
MAX 15 PARTICIPANTS



4 SEASONS

HEALING

HEALING LODGE EVERY WEDNESDAY & THURSDAY
5-8

WEEKLY MEETINGS:

- CULTURAL HEALING
 - TRADE SKILLS
 - MENTAL HEALTH TALKS
 - TRADITIONAL TEACHINGS
- MAX 15 PARTICIPANTS

CONTACT US FOR MORE INFORMATION:

TJ.POWDER@TSUUTINA.COM 403-827-2117
CRAIG.FIRSTRIDER@TSUUTINA.COM 403-463-7268
NOLAN.HEAVENFIRE@TSUUTINA.COM 587-839-2426



Diganádàts'idinìdałí

WEEKLY YOUTH HOMEWORK GROUP

The Homework Group is designed to provide youth with consistent academic support, a safe and welcoming environment, and opportunities to engage in creative, cultural, and recreational activities.

EVERY TUESDAY
START FROM 4:00 PM - 6:00 PM
MANYHORSES HIGH SCHOOL
AGES 14 - 17

EVENT HIGHLIGHTS

- Support academic success through structured homework help.
- Foster positive peer relationships and mentorship.
- Provide healthy meals and snacks to encourage attendance and wellbeing.
- Incorporate cultural and creative activities (art, beading, storytelling) to build pride, skills, and balance.
- Celebrate learning and community with a final group outing to a local theatre.

FOR MORE INFORMATION PLEASE CONTACT:
jared.mcnabb@tsuutina.com - 587.839.0632
bodeen.twoyoungmen@tsuutina.com - 403.404.1673
alessandra.campagnolo@tsuutina.com - 403.477.5001

UPCOMING EVENTS

TSUUT'INA HEALTH & WELLNESS SERVICES

CHRISTMAS HAMPERS

DO YOU KNOW A FAMILY THAT
COULD USE A LITTLE
ASSISTANCE THIS HOLIDAY
SEASON?

DEADLINE
TO
NOMINATE

DECEMBER
5TH 2025

A MAXIMUM OF 50 FAMILIES WILL BE SELECTED!

TO NOMINATE A FAMILY PLEASE
TEXT OR CALL THE WELLNESS
TEAM: (403) 463 - 4527



Tsuut'ina Nation

INVITES YOU TO THE

Staff Christmas Gala 2025



12.12.2025

6-12 AM

GREY EAGLE EVENT CENTER



RSVP

+18

MINORS WILL NOT BE PERMITTED



CLASSROOM IN THE DIRT

CHRISTMAS DINNER

GREY EAGLE RESORT
MEETING AND BANQUET FACILITY

DECEMBER 8, 2025

ARRIVE AT 5:30PM START AT 6:00PM

FOOD | GAMES | DOOR PRIZES | AWARDS

Join us for an evening dedicated to celebrating
the children of DH Ranch, honoring their
achievements and aspirations.



Diganádàts'idinìdałí



TSUUT'INA HEALTH & WELLNESS SERVICES

STAFF DIRECTORY

www.tsuutinahealthandwellness.com

Diganádats'idinìdali

Dadanastada, Welcome!

We are Tsuut'ina Health and Wellness Services - a team dedicated to supporting our community through a holistic and culturally safe approach to health. Our traditional name, Diganádats' idinidati, reflects our commitment to healing and wellness by blending both cultural and western practices.

We've brought together the former Health Centre and Healthy Living Program into one united service to better support our people - focusing on prevention, identity, and community care.

For more Information, visit our website!



Name	Title	Telephone	Cell	Email
DIRECTORS				
Lacy Runner MA, CCC	Director	(403) 251-7575	(587) 834-8147	lacy.runner@tsuutina.com
Joel Fischer	Associate Health Director	(403) 251-7575		Joel.fischer@tsuutina.com
ADMINISTRATION				
Mark Drosses	Accountant	(403) 251-7575		mark.drosses@tsuutina.com
Lynne Simon	Admin. Assistant	(403) 251-7575		lynne.simon@tsuutina.com
Ida Jacobs	Reception	(403) 251-7575		ida.jacobs@tsuutina.com
MEDICAL CLINIC				
Moriah Whitney	LPN Coordinator	(403) 251-7575		moriah.whitney@tsuutina.com
Trasel Almarinez	Medical Office Assistant	(403) 251-7575		trasel.almarinez@tsuutina.com
Lovelía Mendoza	Medical Office Assistant	(403) 251-7575		lovelia.mendoza@tsuutina.com
Irish Claus	LPN	(403) 251-7575		irish.claus@tsuutina.com
Allyse Wasylyshen	LPN	(403) 251-7575		allyse.wasylyshen@tsuutina.com
FAMILY PHYSICIANS				
Dr. Anne Kittler	Full-time	(403) 251-7575		
Dr. Christin Hilbert	Full-time	(403) 251-7575		
Dr. Elizabeth Erasmus	Full-time	(403) 251-7575		
Dr. Karishma Mehta	Full-time	(403) 251-7575		
Dr. Melanie Morgan	Full-time	(403) 251-7575		
Dr. Venessa Shaneman	Full-time	(403) 251-7575		
Dr. Alanna Martineau	Full-time	(403) 251-7575		



Diganádàts'idinidali

TSUUT'INA HEALTH & WELLNESS SERVICES

STAFF DIRECTORY

www.tsuutinahealthandwellness.com



ON-CALL PHYSICIANS

Dr. Monica Skrukwa	On-Call	(403) 251-7575		
Dr. William Forsey	On-Call	(403) 251-7575		
Dr. Nicole Mensik	On-Call	(403) 251-7575		
Dr. Lee	On-Call	(403) 251-7575		

MONTHLY SPECIALISTS

Luke Rannelli	Internal Medicine	(403) 251-7575		
Dr. Mariah Fahey	OB/GYN	(403) 251-7575		
Dr. Cheryl Barnabe	Rheumatologist	(403) 251-7575		
Dr. Duffy	Psychiatrist	(403) 251-7575		

MEDICAL LABORATORY

Sharon Samson	PHLEBOTOMIST/ADMIN ASSISTANT	(403) 251-7575		
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MEDICAL TRANSPORTATION

Beverly Meguinis	Medical Transportation Coordinator	(403) 251-7575		beverly.meguinis@tsuutina.com
Christopher Onespot	Fulltime Driver	(403) 251-7575		christopher.onespot@tsuutina.com
Kim Littlelight	Fulltime Driver	(403) 251-7575		kim.littlelight@tsuutina.com
Theo Ouellette	Fulltime Driver	(403) 251-7575		theo.ouellette@tsuutina.com

THERAPISTS

Angela Grier	M. Ed Counselling Psychology	(403) 251-7575	(403) 890-7179	angelagrier@gmail.com
Laurelle Larson	MA Psychologist	(403) 251-7575	(403) 607-2955	larsoncounselling@gmail.com
Chris Schoepp	Registered Psychologist	(403) 251-7575	(403) 932-7580	chris@westbrookcounselling.com
Nancy Kinyewakan	Therapist	(403) 251-7575	(250) 661-5552	kccshome@gmail.com

NON-INSURED HEALTH BENEFITS

Sarah Meguinis	NIHB COORDINATOR	(403) 251-7575		sarahm@tsuutina.com
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WELLNESS PROGRAM

Richard LeBlanc	Lead Mental Health Therapist		(403) 835-9705	richard.leblanc@tsuutina.com
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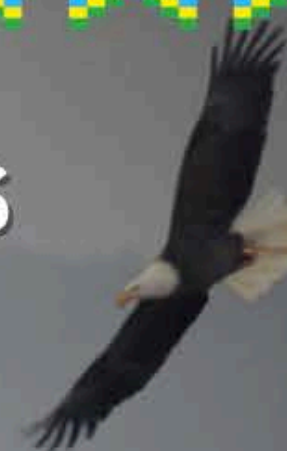


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TSUUT'INA HEALTH & WELLNESS SERVICES

STAFF DIRECTORY

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