

Mamalilikulla First Nation Mission Statement

Working together to build a strong, proud, and healthy  
Mamalilikulla community.



## July 2019 Newsletter

# Mamalilikulla First Nation

Our vision for the future is to serve our community with respect, fairness, transparency and accountability, promoting equality, prosperity and well-being while engaging and supporting our people; honouring our past, present and future generations and creating opportunity for a strong, self-sufficient sovereign Mamalilikulla Nation.

### ATTENTION: BAND MEMBERS

Please notify the band office if you had a change in address and/or how you prefer to receive information from the office. For example: Paper newsletter, email, or phone. You may contact the office any of the following ways. **Email:** [reception@mamalilikulla.ca](mailto:reception@mamalilikulla.ca)

**Mamalilikulla First Nation**  
**1441 B 16th Avenue,**  
**Campbell River, BC V9W 2E4**  
**Phone: (250) 287-2955**  
**Toll free: 1-888-287-2955**

### Phrase of the month

My clothes are hanging up outside  
**gaxgu'san gwiḡwela**

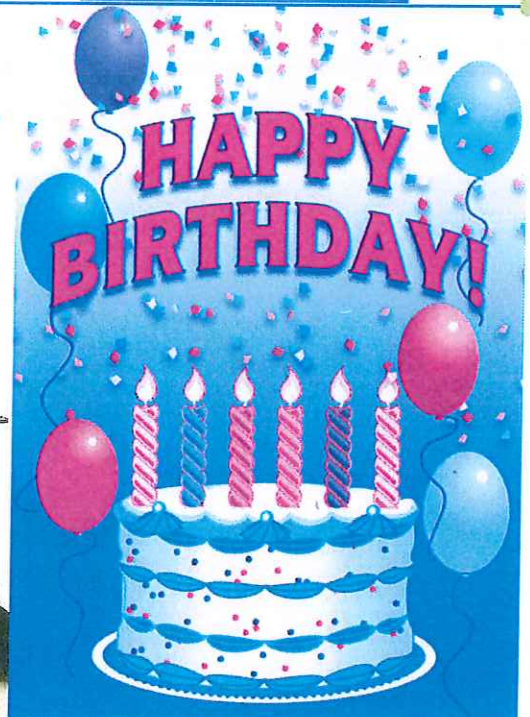


*Wishing a special birthday to daughter Jenn  
Jameson (Oppel)*  
**July 14th**

Do you have a Birthday in July?

We would like to wish you a  
Happy Birthday!

1441B 16th Avenue,  
CampbellRiver BC V9W 2E4  
Phone: 1-888-287-2955  
Fax: 1-250-287-4655  
Email: [reception@mamalilikulla.ca](mailto:reception@mamalilikulla.ca)



# Congratulations!

## Alexia Quinn (Batsoulas)

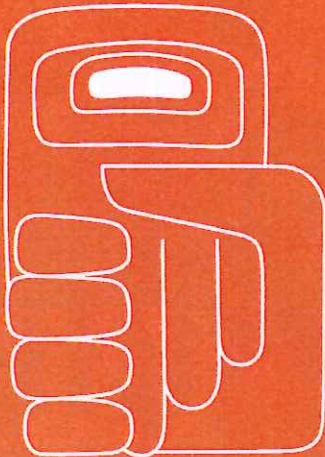
She placed 1ST in the Maxim Covergirl

Canada contest! 🏆

Alexia will receive a two-page spread in maximum magazine, \$10,000 CAD and a photoshoot with celebrity photographer Dave Laus!



From the Mamalilikulla  
First Nation  
Congratulations to the  
both of you on your  
successes in your life's  
Journey!



**NEW RELATIONSHIP TRUST**  
INVESTING IN FIRST NATIONS IN BRITISH COLUMBIA

INVESTING IN FIRST NATIONS IN  
BRITISH COLUMBIA

## Congratulations! Norma Louis

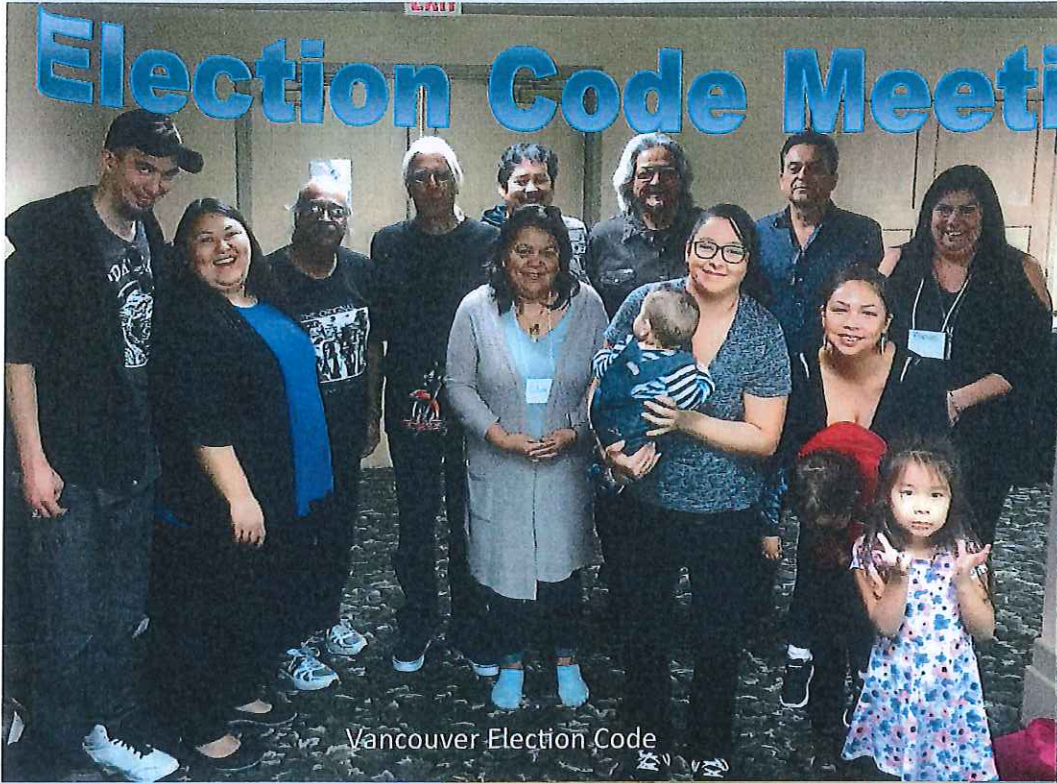
Norma was awarded the New Relationship  
Trust Foundation 2019/2020 Bursary!

(Certificate, Diploma,  
Associates Degree/or Trades).

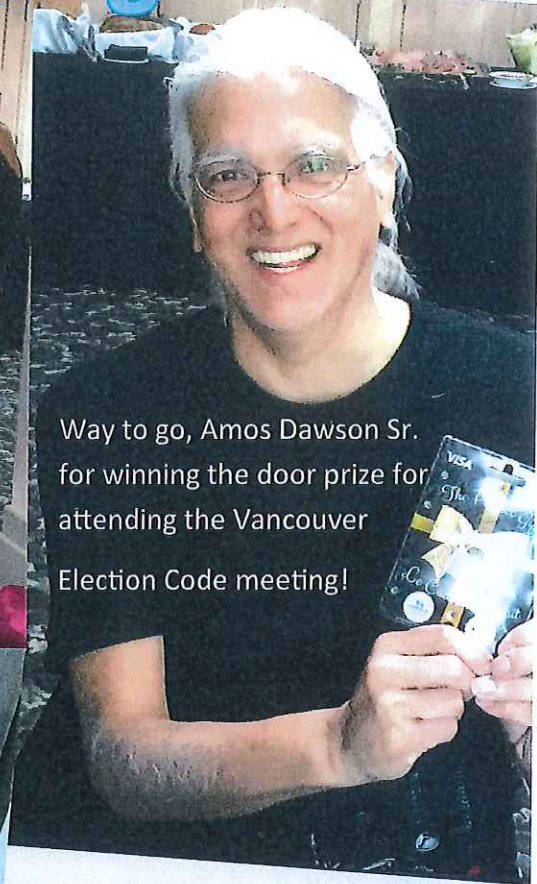
Great job on securing the  
Bursary Norma Louis!



# Election Code Meetings 2019



Vancouver Election Code



Way to go, Amos Dawson Sr. for winning the door prize for attending the Vancouver Election Code meeting!

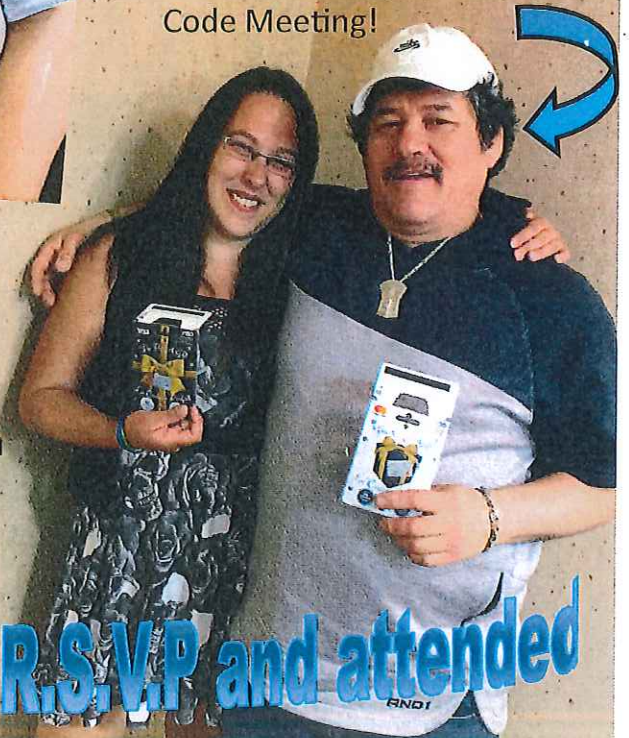
Congratulations Darlene Flanders for winning the prize for the R.S.V.P draw for the Victoria Election Code meeting! Thank you for contacting the office Darlene!



Congratulations to Father and Daughter, David Bruce and Courtney Bruce for winning at the Campbell River Election Code Meeting!



Congratulations Gilbert James! On winning the door prize at the Victoria Election Code meeting!



## Thank you to all members who R.S.V.P and attended



The CVEX Fair is being held August 23,24,25th 2019  
 Marion Oppel is asking the Mamalilikulla Members to join in  
 the opening ceremony's. Please contact her for further  
 details (250) 650-6728. All are welcome and enjoy the  
 day free of our opening. Also, west coast amusements  
 will be there! Lots of great events during the CVEX Fair!  
 This event will be held on the Fair Grounds in Courtenay  
 on Headquarters road. Check out the web site  
[www.cvex.ca](http://www.cvex.ca)

**LIVE ENTERTAINMENT**  
*Music*  
**AUGUST 23, 24, & 25, 2019**  
 COMOX VALLEY EXHIBITION  
**"GO HOG WILD @ CVEX"**



**AUGUST 23, 24, & 25, 2019**  
**COMOX VALLEY EXHIBITION**  
**GO HOG WILD @ CVEX**



Western Canada First Mobile Dual Lane Zipline

**MULTIPLE STAGES**

**LIVE MUSIC**  
**CVEX**  
 COMOX VALLEY EXHIBITION



**GLOBAL**  
**FMX**  
**FREESTYLE**  
**motocross**

**ONLY 1 DAY**  
**CVEX**  
 COMOX VALLEY EXHIBITION  
**AUGUST 23, FRIDAY**



Celebrating a legacy of 145 years in  
 agriculture. The Comox Valley Exhibition  
 invites everyone to come enjoy community  
 spirit and healthy country living. Join in on  
 the three days of jammed packed family  
 fun helping the Comox Valley celebrate  
**'GO HOG WILD @ CVEX' – August**  
**23, 24 & 25, 2019.**



## **GWABALIS FISHERIES LIMITED PARTNERSHIP**



(Quatsino, Da'naxda'xw, Mamalilikulla, Tlatlasikwala First Nations)

### *Commercial Fishing Labour Pool Sign Up*

Gwabal is fishing for anyone interested in working on a commercial fishing vessel. From time to time, the Gwabal Fisheries LP can connect our Members with deckhand or skipper opportunities within the commercial fishing industry

*If you interested in working on a commercial fishing vessel, or being mentored on a commercial fishing vessel, we may be able to hook you up.*

### *Current Deckhand Opportunity*

*Fishing 2019 Area G Crab licence*

*Fishing experience would be an asset. For more information, contact Shawn Peterson.*

Shawn Peterson, Assistant-Manager

[speterson@gwabalिस.ca](mailto:speterson@gwabalिस.ca)

305 Quattishe Road | Coal Harbour, BC V0N 1K0

P:(250) 949-6245 EXT. 134

C:(250) 230-253



## **First Nations Health Authority Now Covering the Shingrix® Shingles Vaccine**

The First Nations Health Authority (FNHA) is now providing reimbursement for the Shingrix® shingles vaccine, making it the first health jurisdiction in the country to do so.

Effective immediately, First Nations Health Benefits will accept client reimbursement requests (get the [FNHA reimbursement form here](#)) for vaccinations with the Shingrix® vaccine received on or after Oct. 1, 2018 by First Nations clients age 65 to 69.

Shingles – the common name for herpes zoster – is a painful blistering rash caused by a re-activation of the varicella-zoster virus. The pain of shingles can persist for weeks, months, or even longer after the rash has healed. Shingles can occur in anyone who has had chickenpox, however it is more common – and more likely to cause complications and long term effects– in older people.

“Shingles can be extremely painful and it is preventable. When it happens, treatment requires immediate medical care and antiviral drugs. Many First Nations clients live in remote areas where it’s difficult to get this quick treatment,” said Dr. Evan Adams, the FNHA’s Chief Medical Officer. “We also know that there are cultural safety issues with some of our Elders that impede them from seeking the urgent response this condition requires.”

Dr. Adams said that the FNHA has had ongoing conversations with Chiefs, Health Directors and other First Nations health leaders and the request for coverage of a shingles vaccine has been an important and recurring part of these discussions in order to protect the health of Elders.

“We are pleased we can respond to this feedback now that there is a vaccine that has a high rate of effectiveness,” he said. “Shingrix® has a 90 per cent effectiveness rate.”

The vaccine may be administered by a pharmacist, community health nurse or physician. It requires two doses to be fully effective. The 65 to 69-year-old age group was selected for the benefit coverage because the vaccine has a high impact on this age group. People in this age group are more likely to get shingles and to have higher rates of hospitalization from it. Requests for coverage of the vaccine for those outside the 65 to 69-year-old age group will be considered if submitted with medical documentation from a primary care provider to support the request.

Clients with any questions about this or any other aspect of the coverage are encouraged to contact First Nations Health Benefits at 1-855-550-5454.

**IF YOU REQUIRE ANY ASSISTANCE WITH THE REIMBURSEMENT PLEASE FEEL FREE TO CONTACT THE MAMALILIKULLA FIRST NATION OFFICE.**

Mamalilikulla First Nation  
1441 B 16th Avenue,  
Campbell River, BC V9W 2E4  
Toll free: 1-888-287-2955



## FNHA CLIENT REIMBURSEMENT REQUEST FORM

Information you need to include with your completed client reimbursement form can be found on the next page of this form. **Please note** that all FNHA policies and requirements for coverage apply. **All requests for reimbursement of eligible benefits must be made within one year from the date of service.**

**It is important to submit ALL related documents or there will be a delay in processing your claim. Please keep copies for your files.**

Under the First Nations Health Authority (FNHA), eligibility for the FNHA Health Benefits program extends to include all First Nations people that are resident of British Columbia and have a status number (excluding persons who receive health benefits by way of a First Nations organization pursuant to self-government agreements with Canada).

- Residency in BC is defined as having an active [BC Care Card](#) and living in BC.
- Non-resident First Nations using health services in BC will continue to be covered by Health Canada through the Alberta NIHB Regional office.

### Part 1 – Client Information (client receiving the service)

Surname:		First and Middle Names:	
Address:	Apt.:	Identification Number:	
City:	Province/Territory:	Telephone number: (      )	
Postal Code:		Date of Birth: / / (YYYY/MM/DD)	PHN:
Are you covered for any of these expenses under any other health plan(s)/program(s)? <b>No</b> <input type="checkbox"/> <b>Yes</b> <input type="checkbox"/>			
<b>If yes</b> , please attach a copy of a detailed statement or explanation of benefits form from all other plan(s)/program(s).			

### Part 2 – Parent, Guardian or Person to whom payment should be made

Please provide the name and address of the person to whom payment should be made if different from client receiving the service. If client is under one year of age and not registered, please provide parent or guardian information. The person must also be over the provincial/territorial legal age.

Surname:		First and Middle Names:	
Address:	Apt.:	Identification Number (if applicable):	
City:	Province/Territory:	Telephone number: (      )	
Postal Code:		Date of Birth: / / (YYYY/MM/DD)	PHN:
Relationship to Treated Client:			

### Part 3 – Details of Claim

Instructions on what information is needed to be included with the completed client reimbursement form are listed on the next page. Fill in the total of **all** receipts for each category.

List Benefit Items Requested: (Prescription drugs, Medical Supplies & Equipment, Vision and Eye Care, Medical Transportation or Dental/Orthodontic Benefits)	Cost
<b>TOTAL AMOUNT CLAIMED:</b>	



# FNHA CLIENT REIMBURSEMENT REQUEST FORM

## Part 4 – Authorization and Signature (Mandatory)

I authorize the release of any records that are relevant to the processing and payment of all claims held by the service provider to FNHA, its agents or contractors, or any appropriate Health Professional licensing or Regulatory Body for the purpose of administrative audit. I declare the information to be true and accurate and does not contain a claim for any benefit or service previously paid for by Health Canada and/or FNHA or by any other plan(s)/program(s) that is noted in the statement or explanation of benefits. By signing below, I also authorize FNHA to collect information from my medical provider for services provided to me and paid for by the Health Benefits Program.

Client, Parent, Guardian or Person having a legally recognized authority Date: / / (YYYY/MM/DD)

Print Name: Signature:

Forms that are not signed will be returned to the client for signature.

### Privacy statement

FNHA is committed to protecting your privacy and safeguarding the personal information in its possession. When a request to provide coverage for benefits is received, the FNHA Health Benefits Program collects, uses, discloses and retains your personal information in accordance with the applicable privacy laws and policies. Further details of the FNHA Health Benefits Program can be found on the website www.FNHA.ca

### INFORMATION YOU NEED TO INCLUDE WITH YOUR COMPLETED CLIENT REIMBURSEMENT FORM

- Original receipt(s) for proof of payment. Credit card/Debit (Interac) slips are not acceptable forms for proof of payment.
- If applicable, submit your detailed statement or explanation of benefits form from all other health plan(s)/program(s). Note: Original receipts are not required when submitting the detailed statement or explanation of benefits form as the primary insurer requires them. In such cases, a copy of the original receipt is acceptable.
- A copy of your prescription (MS&E, Vision Care)
- Dental or Orthodontic Services – a Dental Claim Form and Client Reimbursement Request Form.
- Medical Transportation – confirmation of attendance signed by physician/health facility

### MAILING INSTRUCTIONS

For all reimbursements (other than Orthodontics), please mail your completed form(s) and receipt(s) to the FNHA Health Benefits Office at the following address:

First Nations Health Authority  
Health Benefits  
757 West Hastings Street, Suite 540  
Vancouver, British Columbia V6C 1A1  
Telephone (toll-free): 1-800-317-7878  
Dental (toll-free): 1-888-321-5003

FOR ORTHODONTIC SERVICES - Please mail your completed orthodontic forms and receipt(s) to the Orthodontic Review Centre.

Orthodontic Review Centre  
Non-Insured Health Benefits  
First Nations and Inuit Health Branch  
Health Canada  
55 Metcalfe Street, 5<sup>th</sup> Floor  
Postal Locator 4005A  
Ottawa, Ontario K1A 0K9  
Telephone: 1-866-227-0943



# Improved First Nations Health Benefits Plan for dental, vision, and medical supplies & equipment

## Launching September 16, 2019

The First Nations Health Authority (FNHA) is set to launch a new health benefits plan that will be more convenient to use and expand benefit coverage in key areas.

On September 16, the FNHA will transition dental, vision, and medical supplies and equipment (MS&E) benefits off the federal Non-Insured Health Benefits program. [The FNHA's new partner](#), BC-based benefits provider Pacific Blue Cross, will administer these benefits as of this date.

FNHA clients and their health care providers will find the new system easier to use, with fewer requirements for pre-approvals and quicker turnarounds for adjudications and payments.

In addition, the new plan will offer improved coverage for many health services, such as teeth cleaning, dentures, eye exams and eyeglasses.

The changes to the plan are based on extensive engagement with clients, their health care providers and First Nations health leaders. The FNHA has led 51 focus groups with 98 communities represented across the province. Clients and health workers provided feedback on how the benefits plan could be improved. FNHA also asked Health Directors and care providers what needed to change. Discussions with health care providers included education about cultural safety and humility, one of the topics identified as a concern by clients and health leaders.

### Host an information session

The FNHA will share more updates on plan coverage and features in the coming weeks. FNHA Health Benefits Community Relations Representatives are coordinating information sessions in the Regions and invite communities and health workers to contact them about the new plan.

**Candy-Lea Chickite**  
**Health Benefits Community Relations Representative**  
**Vancouver Island Region**  
[Candy-Lea.Chickite@fnha.ca](mailto:Candy-Lea.Chickite@fnha.ca)  
250-830-7346

The FNHA provides other benefits to meet health needs not covered by provincial or third-party health insurance. These include medical transportation, mental health support, and pharmacy benefits through BC PharmaCare Plan W.



### Questions about your health benefits?

Call us toll-free at 1.855.550.5454  
Email: [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca)



First Nations Health Authority  
Health through wellness



First Nations Health Authority  
Health through wellness

# YOUR NEW FIRST NATIONS HEALTH BENEFITS PROGRAM: Dental, Vision and Medical Supplies & Equipment (MS&E)








The First Nations Health Authority (FNHA) engaged with First Nations communities and health care providers across the province to learn how we can improve dental, vision and MS&E benefits to support the wellness journey of First Nations people in BC.

## YOUR NEW PLAN launching Sept. 16, 2019

FNHA has partnered with non-profit, BC-based health benefits organization Pacific Blue Cross to administer dental, vision and MS&E benefits.



### PLAN HIGHLIGHTS

-  Higher limits and no pre-approval needed for routine eye exams and eyewear
-  Dental fee guide in line with BC industry standards
-  Faster pre-approval decisions for MS&E, vision and dental special needs
-  Pay-direct claims at most dental offices and participating optical stores
-  Online and mobile app claims
-  Reimbursement in as little as 48 hours for claims paid out of pocket
-  Ability to check your coverage and limits online 24/7

Questions? Your local FNHA Health Benefits Community Relations Representative would be happy to help you.



FRASER SALISH REGION

**James Delorme**  
James.Delorme@fnha.ca  
778-684-1886



INTERIOR REGION

**Joyce Kenoras**  
Joyce.Kenoras@fnha.ca  
250-318-6634



NORTHERN REGION

**Lindsey Larsen**  
Lindsey.Larsen@fnha.ca  
250-645-3026



VANCOUVER COASTAL REGION

**Jenny Smith**  
Jennifer.Smith@fnha.ca  
604-693-6588



VANCOUVER ISLAND REGION

**Candy-Lea Chickite**  
Candy-Lea.Chickite@fnha.ca  
250-830-7346

The FNHA provides other benefits to meet health needs not covered by provincial or third-party health insurance. These include medical transportation, mental health support, and pharmacy benefits through BC PharmaCare Plan W.

Learn more about your FNHA benefits at: [www.fnha.ca/benefits](http://www.fnha.ca/benefits)

ENGAGE WITH US ON SOCIAL MEDIA OR CALL US AT:





**WE LISTENED TO: COMMUNITIES**

**51**

**Focus groups across all 5 regions, and a Health Directors survey**

**98**

**Communities represented in focus groups**

**3000+**

**lines of feedback collected**



**WE SPOKE WITH: HEALTH CARE PROVIDERS**

**17**

**# of health care provider group interviews conducted** — dental, vision, MS&E, pharmacy

**60**

**# of provider colleges & associations who received information** on our commitment to promoting cultural safety and humility

**23**

**# of health regulatory bodies that signed** the FNHA Declaration of Commitment on Cultural Safety and Humility

**WHAT WE HEARD: TOP COMMUNITY FEEDBACK**

**#1**

**enhance coverage, frequency and flexibility**

**#2**

**improve provider service, education and cultural safety**

**#3**

**better communication and engagement**

**#4**

**faster and easier pre-approval process**

"Things will move at the speed of trust."

—Skidegate Focus Group

"Providers are not willing to direct bill as it takes too long, is complicated, and slow."

—Ktunaxa Focus Group

"Some dentists won't see clients because of the amount of paperwork and because they won't get the rate they normally charge."

—Cowichan Tribes Focus Group

"There needs to be better communication on what is covered, what isn't covered and the timeframe for payment or reimbursement."

—Musqueam Focus Group

"Some concerns were expressed about being able to access quality eye exams and eyeglasses."

—Skawahlook Focus Group

# Jordan's Principle

Named in memory of Jordan River Anderson from Norway House Cree Nation in Manitoba, Jordan's Principle ensures that all First Nations children can access the products, services and supports they need, when they need them.

Jordan's principle recognizes that First Nation Children may need government services that exceed the normative standard of care and will evaluate the individual needs of the child to ensure substantive equality, culturally appropriate services, and/or to safeguard the best interests of the child.

## Examples of supports covered under Jordan's Principle



### Health

- mobility aids
- wheelchair ramps
- addiction services
- services from Elders
- mental health services
- specialized hearing aids
- traditional healing services
- services for children in care
- assessments and screenings
- transportation to appointments
- medical supplies and equipment
- long-term care for children with specialized needs
- therapeutic services for individuals or groups (speech therapy, physiotherapy, occupational therapy)



### Social

- social worker
- land-based activities
- personal support worker
- specialized summer camps
- respite care (individual or group)
- specialized programs based on cultural beliefs and practices



### Education

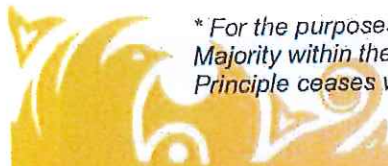
- school supplies
- tutoring services
- teaching assistants
- specialized school transportation
- psycho-educational assessments
- assistive technologies and electronics

## Who is covered

Services provided under Jordan's Principle are available to:

- Registered First Nations children\* living on or off reserve;
- First Nations children entitled to be registered, under the *Indian Act* including
  - those who became entitled to register under the December 22, 2017 amended provisions of the *Indian Act*, under Bill S-3;
  - Infants under 18 months; and
- Any Indigenous child, including Non-Status First Nation or Métis, who are ordinarily resident on reserve.

\* For the purposes of Jordan's Principle, a "child" is defined as an individual who is under the Age of Majority within their province or territory. In BC the age of majority is 19. As such, eligibility for Jordan's Principle ceases when Age of Majority is attained (Date of the child's 19<sup>th</sup> birthday).



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

## Who can send requests

A request for a child or children in the same family or with the same guardian can be submitted by:

- parents or guardians caring for a dependent First Nations child under the age of majority in the child's province/territory of residence
- a First Nations child above 16 years of age
- an authorized representative of the child, parent or guardian
  - written or verbal consent must be provided by the parent or guardian

A request for a group of children from multiple families or guardians can be submitted by:

- a community or service provider, who can request services, such as:
  - respite care
  - wheelchair ramps
  - support programs
  - educational assistants
  - transportation to school
  - local therapeutic specialists, etc.

## How to send a request

Contact us through our call centre, open 24 hours a day, 7 days a week, or your BC representative (see list below) to start your request for funding under Jordan's Principle. We are here to help.

Having certain information ready when you contact us can help if you are seeking access to funding for a product, service or support. This includes:

- registration number for child or parent under the Indian Act (if available)
- the product, service or support needed and how often the product, service or support will be needed
- estimated costs
- copies of documents related to requests (e.g. prescriptions, referrals from health, social or education professionals)
- any additional information that should be considered to support the request.

## BC Representatives

### ISC BC Regional Office

Ashley Dunsmore	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>
Caleb Lam	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>
Alison Atherton	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>
Vincent Dong	778-951-0716	<a href="mailto:aadnc.bc-jp.aandc@canada.ca">aadnc.bc-jp.aandc@canada.ca</a>

For First Nations Health Authority Child and Youth Systems Navigators:

- Phone: 1-866-913-0033
- Email: [jordans.principle@fnha.ca](mailto:jordans.principle@fnha.ca)

For requests for Inuit children contact the ISC BC Regional Office (see above)

Jordan's Principle Call Centre (open 24 hours a day, 7 days a week):

- Phone: 1-855-JP-CHILD (1-855-572-4453)
- Email: [aadnc.infopubs.aandc@canada.ca](mailto:aadnc.infopubs.aandc@canada.ca)
- Teletypewriter: 1-866-553-0554





First Nations Health Authority  
Health through wellness

## Mental Health

### What is covered?

**1. Mental Wellness and Counselling** provides FNHA clients with coverage for counselling from qualified mental health providers. Counselling is a tool for individuals experiencing a difficult situation to resolve their emotional distress and enjoy greater wellness.

**2. Indian Residential School Resolution Health Support Program - Individual and Family Counselling component** is open to all former Indian Residential School students and their families. Counselling is provided to safely address the broad spectrum of mental wellness issues and trauma related to the impacts of Indian Residential Schools.

**3. Missing and Murdered Indigenous Women and Girls - Health Support Services** is open to all survivors, family members, and loved ones who are impacted by the national inquiry and cases related to Missing and Murdered Indigenous Women and Girls in Canada. For more information, please read our [Frequently Asked Questions sheet](#).

### Accessing Mental Health Benefits

#### How do I access my mental health benefits? And how does payment work?

**1. Finding a counselor and making an appointment:** Make an initial appointment with a mental health provider such as a counsellor, social worker, or psychologist registered with FNHB. A list of providers registered to deliver counselling through First Nations Health Benefits is located [here](#). The FNHB team regularly registers new mental health providers. If you cannot find a registered mental health provider close to you, contact the [FNHB team here](#). Once you have contacted a mental health provider, the provider will review your needs and determine which of the three programs you are eligible for.

**2. Prior to your first appointment:** Once you have booked your first appointment, the mental health provider will complete the first portion of the 'Prior Approval' form and send it to the First Nations Health Benefits team.

**3. At your first appointment/initial assessment:** During your initial assessment, the mental health provider will evaluate how you are doing and develop a treatment plan with you. The provider then completes the remainder of the 'Prior Approval form', which you will sign, and sends this form to the First Nations Health Benefits team. First Nations Health Benefits informs the mental health provider how many sessions are approved as part of your treatment plan.

**4. Signing Invoices:** You will need to sign the invoice forms created by the mental health provider, who then forwards the forms to FNHB for payment. This is an important part of FNHB's quality assurance process.

## **Finding a Registered Mental Health Provider in BC**

This [list](#) of registered mental health providers is updated monthly. If you have questions about providers, please [contact us](#).

## **Additional Resources**

### **FNHA Mental Wellness and Substance Use Webpage**

The FNHA Mental Wellness and Substance Use program provides a number of useful resources and links for clients seeking additional information or support related to mental health, mental wellness, and substance use. Visit the webpage [here](#).

### **KUU-US Crisis Services (24-hour Crisis Services)**

The KUU-US Crisis line is available 24-hours a day, seven days a week – regardless of where you live in BC. If you are in need, you can call and receive an immediate response. Toll Free: 1.800.KUU.US17 (1-800-588-8717)

Adult/Elder: 250.723.4050

Child/Youth: 250.723.2040

For more information about KUU-US, visit <http://www.kuu-uscrisisline.ca/>

### **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service**

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll Free: 1-855-242-3310

Hope for Wellness Chat Line: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### **National Indian Residential School Crisis Line**

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll Free: 1-866-925-4419

## **Registering as a Mental Health Provider**

If you are a mental health provider and would like to deliver services to FNHA, please review the [Guide To Mental Health Counselling Services](#). This guide outlines the terms and conditions, criteria, guidelines, and policies under which the First Nations Health Benefits Mental Health Program operates. To register you will need to complete the Mental Health Provider Agreement Form, located in Appendix 1 of the Guide.

To be eligible to provide services to FNHA, you must be currently registered with one of the following professional bodies:

1. The B.C. Association of Clinical Counsellors
2. The B.C. College of Social Workers
3. The Canadian Counselling and Psychotherapy Association
4. The College of Psychologists of B.C.

If you are eligible to register with FNHA, please include all of the following in your registration package:

1. Your completed provider agreement form
2. A description of your previous training and/or experience working with First Nations clients
3. A copy of your current resume
4. Verification of your current liability insurance (minimum \$2,000,000 coverage)
5. If desired, provide a voided cheque for direct deposit purposes

Please note that you will need to complete the [San'yas Indigenous Cultural Safety Online Training Program](#) (Core Health or Core Mental Health) hosted by Provincial Health Services Authority. You will need to complete this within a year of your confirmation of registration with FNHA.

#### **Forms for Providers**

[Mental Health Provider Agreement Form](#) – also located in Appendix 1 of the Guide.

[Mental Health Counselling Prior Approval Form](#) – this form must be completed before initial appointments with FNHA clients.

[Mental Health Counselling Invoice Form](#)

Contact First Nations Health Benefits – Mental Health Team

#### **Mental Wellness and Counselling Program**

Toll Free: 1.877.477.0775

Fax: 604-658-2833

Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)

#### **Indian Residential School Resolution Health Support Program**

Toll Free: 1.877.477.0775

Fax: 604.658.2833

Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)

#### **Missing and Murdered Indigenous Women and Girls - Health Support Services**

Toll Free: 1.877.477.0775

Fax: 604.658.2833

Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)





First Nations Health Authority  
Health through wellness

# Summary of Diabetes Drugs, Insulins, and Supplies Coverage for FNHA Clients

This document provides a summary list of the coverage status of the different diabetes drugs, insulins and related supplies for clients of the First Nations Health Authority (FNHA). Please note that benefit coverage of some drugs is subject to criteria and require the prescriber to submit a Special Authority request. In exceptional cases, the prescriber may provide a written request for Special Authority for a drug that is a non-benefit or when the general Special Authority criteria is not met.

## DIABETES DRUGS

Drug Chemical (common brand names)	Plan Wellness Formulary. Coverage for Drug Started on or after Oct. 1, 2017	Additional Comments
<b>Alpha-Glucosidase Inhibitor</b>		
Acarbose (Glucobay, generics)	Non-Benefit	If drug was started before Oct. 1, 2017, it is eligible for coverage through the exceptional Special Authority process.
<b>Biguanide</b>		
Metformin (Glucophage, generics)	Benefit	
<b>Dipeptidyl Peptidase-4 (DPP-4) Inhibitor</b>		
Alogliptin and Alogliptin with Metformin (Nesina, Kazano)	Non-Benefit	
Linagliptin and Linagliptin with Metformin (Trajenta, Jentadueto)	Requires Special Authority	
Saxagliptin and Saxagliptin with Metformin (Onglyza, Komboglyze)	Requires Special Authority	
Sitagliptin and Sitagliptin with Metformin (Januvia, Janumet)	Non-Benefit	
<b>GLP-1 Receptor Agonist/Incretin Mimetic</b>		
Dulaglutide (Trulicity)	Non-Benefit	
Exenatide (Bydureon, Byetta)	Non-Benefit	

\*DISCLAIMER: This information is current as of Dec. 17, 2018. Visit the Pharmacare formulary search website for the most up-to-date Plan W drug listings. For general coverage questions, contact the FNHA Health Benefits toll-free line: 1-855-550-5454

Liraglutide (Victoza)	Non-Benefit	
Lixisenatide (Adlyxine)	Non-Benefit	
Lixisenatide with Insulin Glargine (Soliqua)	Under Review	
Semaglutide (Ozempic)	Under Review	
<b>Meglitinide</b>		
Repaglinide (Gluconorm, generics)	Non-Benefit	If drug was started before Oct. 1, 2017 coverage will continue through the federal Non-Insured Health Benefits program (NIHB).
<b>Sulfonylurea</b>		
Chlorpropamide (Generics)	Benefit	
Gliclazide (Diamicon, generics)	Benefit	
Glimepiride (Generics)	Non-Benefit	
Glyburide (Diabeta, generics)	Benefit	
Tolbutamide (Generic)	Benefit	
<b>SGLT-2 Inhibitor</b> Coverage for this class is currently under review by PharmaCare		
Canagliflozin and Canagliflozin with Metformin (Invokana, Invokamet)	Under Review	If drug was started before Oct. 1, 2017 coverage will continue through Non-Insured Health Benefits (NIHB).
Dapagliflozin and Dapagliflozin with Metformin (Forxiga, Xigduo)	Under Review	
Empagliflozin (Jardiance)	Under Review	
<b>Thiazolidinedione (TZD)</b>		
Pioglitazone (Generics)	Requires Special Authority	If drug was started before Oct. 1, 2017 coverage will continue through PharmaCare.
Rosiglitazone (Avandia)	Non-Benefit	If drug was started before Oct. 1, 2017 it is eligible for coverage through the exceptional Special Authority process.

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## INSULINS

Drug Chemical (common brand names)	Plan Wellness Formulary. Coverage for Drug Started on or after Oct. 1, 2017	Additional Comments
<b>Short-Acting Insulin</b>		
Insulin Aspart (Novorapid)	Partial Benefit	FNHA is actively working with its partners to ensure that FNHA clients do not experience co-payment issues for any item listed as a Partial Benefit.  Contact the FNHA Health Benefits Support Line: 1-855-550-5454 regarding any coverage or co-payment questions.
Insulin Glulisine (Apidra)	Partial Benefit	
Insulin Lispro (Humalog)	Partial Benefit	
<b>Regular Insulin</b>		
Insulin Regular (Humulin R, Novolin Ge Toronto)	Benefit	
<b>Intermediate-Acting Insulin</b>		
Insulin NPH (Humulin N, Novolin Ge Nph)	Benefit	
<b>Long-Acting Insulin</b>		
Insulin Detemir (Levemir)	Requires Special Authority (unless prescribed by an Endocrinologist)	
Insulin Degludec (Tresiba)	Non-Benefit	
Insulin Glargine U100 (Basaglar, Lantus®)	Basaglar: Benefit Lantus: requires Special Authority	
Insulin Glargine U300 (Toujeo)	Non-Benefit	
<b>Mixed Insulin</b>		
Insulin Regular/NPH Premixed (Humulin 30/70, Novolin Ge 40/60)	Benefit	
Insulin Lispro/Lispro Protamine (Humalog Mix)	Partial Benefit	Please contact the FNHA Health Benefits Support Line: 1-855-550-5454 for any coverage or co-payment questions.
Insulin Aspart/Aspart Protamine (Novomix 30)	Partial Benefit	

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## DIABETES SUPPLIES

Item Name	Plan Wellness Formulary	Additional Comments
Insulin pumps	Requires Special Authority	Limited to one insulin pump every 5 years
Insulin pump supplies	Benefit	Call the FNHA at 1-855-550-5454 for any coverage or co-payment questions
Urine ketone strips	Benefit	
Blood ketone strips	Benefit	
Alcohol swabs	Benefit	
Lancets	Benefit	
Needles and Syringes – Insulin Use Only	Benefit	
Sharps containers	Non-Benefit	Available as a benefit through the Non-Insured Health Benefits (Note to Pharmacists: Residual Formulary)
Blood glucose test strips	Annual Quantity Limits Apply. Additional strips require Special Authority. Clients are encouraged to attend an education program at a Diabetes Education Centre however this is not mandatory at this time.	Note to Pharmacists and Diabetes Educators: Use Non-Insured Health Benefits PIN (9991549) for the first box of test strips (first fill). This triggers the FNHA to put a Diabetes Education Certificate flag for the client on their Plan W profile.

## REFERENCES

Topic	Reference	Content
Insulin pumps and supplies	<a href="https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/product-identification-numbers/diabetes-product-identification-numbers-pins#insulin-pumps">https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/product-identification-numbers/diabetes-product-identification-numbers-pins#insulin-pumps</a>	List of brands of insulin pumps (MiniMed, Omnipod) and supplies covered for FNHA clients
BC PharmaCare Coverage Limits for Blood Glucose Test Strips – Test With Purpose	<a href="https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/bgts.pdf">https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/bgts.pdf</a>	Annual quantity limit for blood glucose test strips; links to resources with information on the recommended frequency of blood glucose testing
Diabetes Canada: Diabetes and You	<a href="http://www.diabetes.ca/diabetes-and-you">www.diabetes.ca/diabetes-and-you</a>	Resources for individuals to support their role in diabetes management
Plan W Non-drug OTC Treatments	<a href="https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/product-identification-numbers/plan-w-non-drug-otc-benefits">https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/product-identification-numbers/plan-w-non-drug-otc-benefits</a>	List of PINs for Diabetic supplies such as ketone strips, lancets, alcohol swabs etc.
NIHB Residual formulary for FNHA clients	<a href="http://www.fnha.ca/Documents/NIHB-Formulary-List-for-FNHA-Clients-Enrolled-in-Plan-W-Providers.PDF">www.fnha.ca/Documents/NIHB-Formulary-List-for-FNHA-Clients-Enrolled-in-Plan-W-Providers.PDF</a>	NIHB PINs for sharps container and first box/fill of diabetes test strip
Diabetes Product Identification Numbers (PINs)	<a href="https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/product-identification-numbers/diabetes-product-identification-numbers-pins">https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/product-identification-numbers/diabetes-product-identification-numbers-pins</a>	Lists of PINs for needles/syringes (insulin use) and Blood Glucose Test Strips
Diabetes Canada: Clinical Practice & Education	<a href="http://www.diabetes.ca/clinical-practice-education">www.diabetes.ca/clinical-practice-education</a>	Resources for health care providers and diabetes educators to inform and guide the best care of people with diabetes

NOTE: Non-Plan W clients (e.g., BC clients accessing border pharmacies in Alberta) will continue to access coverage for all diabetes drugs, insulins and supplies through NIHB.

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## Keeping Language Alive

The United Nations has named 2019 the International Year of Indigenous Languages to raise awareness of endangered Indigenous languages around the world, with an aim to establish a link between language, development, peace, and reconciliation.

On June 24-26, 2019, the First Peoples' Cultural Council hosted HELISET TFE SKÁL: 'Let the Languages Live': 2019 International Conference on Indigenous Languages in Victoria, BC. With more than 1,000 participants and speakers in attendance globally, including countries like New Zealand, Finland and Africa, the conversations that were most relevant for Mamalilikulla were those around keeping the language alive, as reviving the Kwa'kwala language is one of Mamalilikulla's top priorities. Now that the conference is over, we are putting our heads together to come up with some language programs and activities that we can start implementing. In the meantime, if reviving the Kwa'kwala language is important to you, creating a family language plan is easier than you think! Please have a look at the Family Language Plan Template we have included in this newsletter. This is something you can start in your home as quickly as today!



## Creating a Family Language Plan

Making a plan for how you will use your language will help you take action and make it happen. To keep everyone excited and 'in the know', write out your plan and post it somewhere that you and your family can see every day, such as on your fridge. Here are a few questions to help you get started:

### *Who will speak the language in your home?*

- Your plan might include one parent, two parents, a caregiver, grandparents, or the entire family.

### *When will you use the language at home?*

- Choose specific times, such as during mealtimes, at bedtime, in the morning, or on weekends.
- Identify busy days or times during the week when focusing on Kwa'kwala will be difficult.
- Identify days and times when there will be more opportunity to focus on your language, such as weekly night classes, planned family nights, or visits with speakers.

*What resources are available to support using your language at home?*

- Learn what resources are available in the community and how you can access them.
- List resources available to you and your family. Include people who can support your language goals, as well as materials such as books, videos, and audio recordings.
- Identify language learning opportunities in the community, such as adult language classes or community gatherings where the language is spoken.
- Create some resources yourself, such as games in the language and labels to put on items around the home.

*What are your family goals for learning the language?*

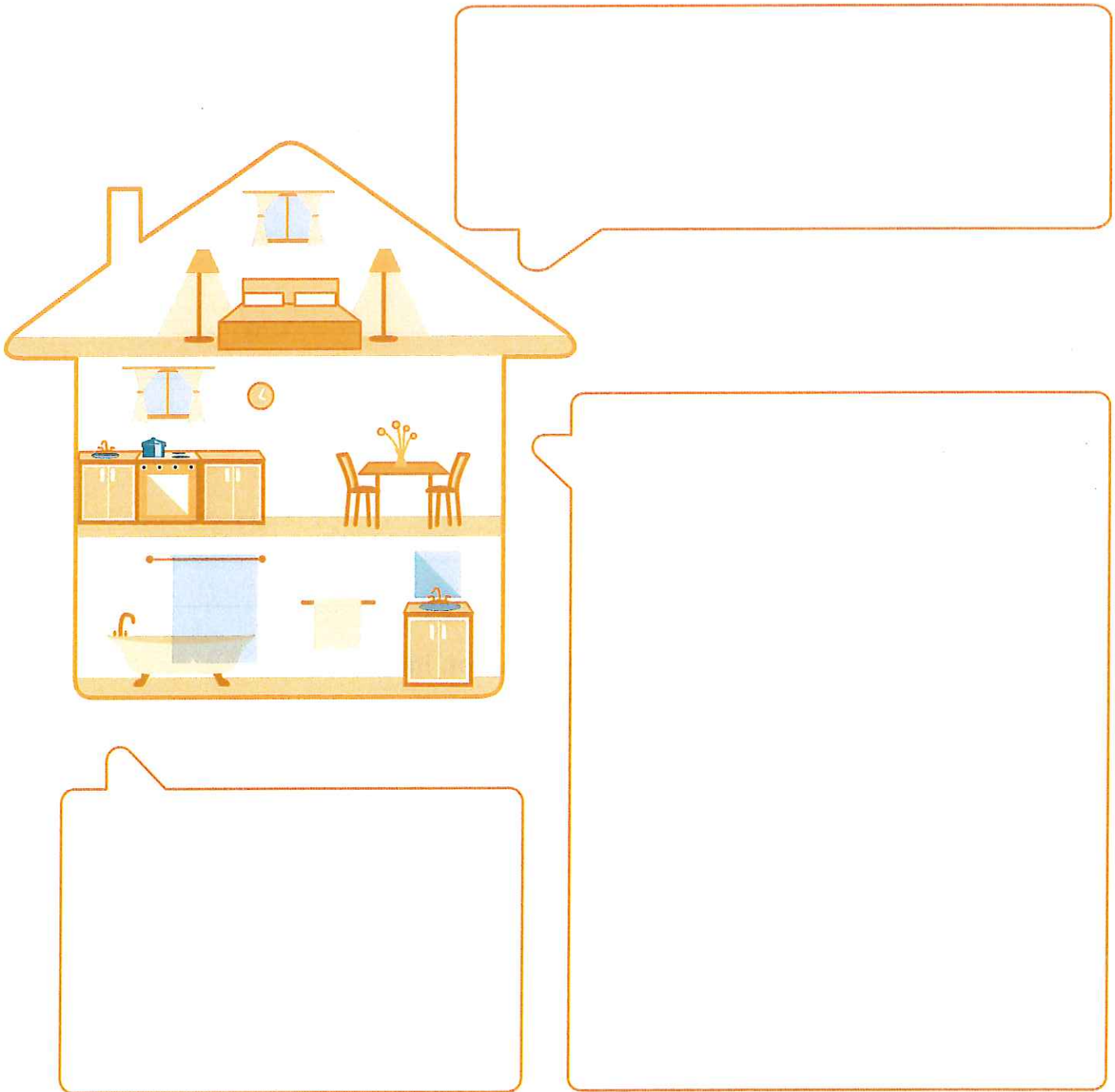
- Make your goals realistic. Don't put pressure on yourself and your family to become fluent overnight. Start small. Having many smaller goals and milestones is better than one big goal. For example, an achievable goal could be to learn all the language for one common routine like getting dressed. When you have mastered that, continue to use it and add in a new routine.

And don't forget to have fun!

Gilakas'la!

## 6 Celebrate your language growth

It is important to keep track of and celebrate your family's language growth. Use the template below to record the activities your family is doing in the language, the areas in your home where language is being used, and accomplishments you are proud of. Keep adding to this chart regularly so that your family can see just how much your language use has grown!



# 7 Family language plan

## 1. What are your family's language-learning goals?

Goals for parents or caregivers:

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Goals for children:

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Goals for other family members or people living in your home:

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Goals for the whole family:

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## 2. What specific activities or spaces will we focus on in our home?

- ---
- ---
- ---
- ---
- ---
- ---



**3. What times will we try to use our language (morning, afternoon, evening, bedtime)?**

1. Activity:	Time of day:
2. Activity:	Time of day:
3. Activity:	Time of day:
4. Activity:	Time of day:

**4. What resources (people or material) can help us achieve our goals?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**5. What challenges might we face, and what are possible solutions to those challenges?**

1. Challenge:	Solution:
2. Challenge:	Solution:
3. Challenge:	Solution:
4. Challenge:	Solution:

