

THE PULSE

Vol #3 Issue 1



A Newsletter of the Nishnawbe Aski Nation (NAN) Aboriginal Health Human Resources Initiative (AHHRI) & the Indian and Inuit Health Careers Program (IIHCP)

Community Based Worker Training Dollars Now Available Through AHHRI

In its first five years (i.e. 2005-2010), the Aboriginal Health Human Resources Initiative (AHHRI) laid the foundation for increasing and improving Aboriginal health human resources by increasing the numbers of Aboriginal students entering health careers and by supporting curriculum development and modification at university and community college levels.

In March 2010 the AHHRI was renewed to fiscal year end 2012. As part of the renewed AHHRI, funding has been allocated for training community based workers. The goal is to train workers to levels equivalent to established standards of practice and/or core competencies in line with provincial



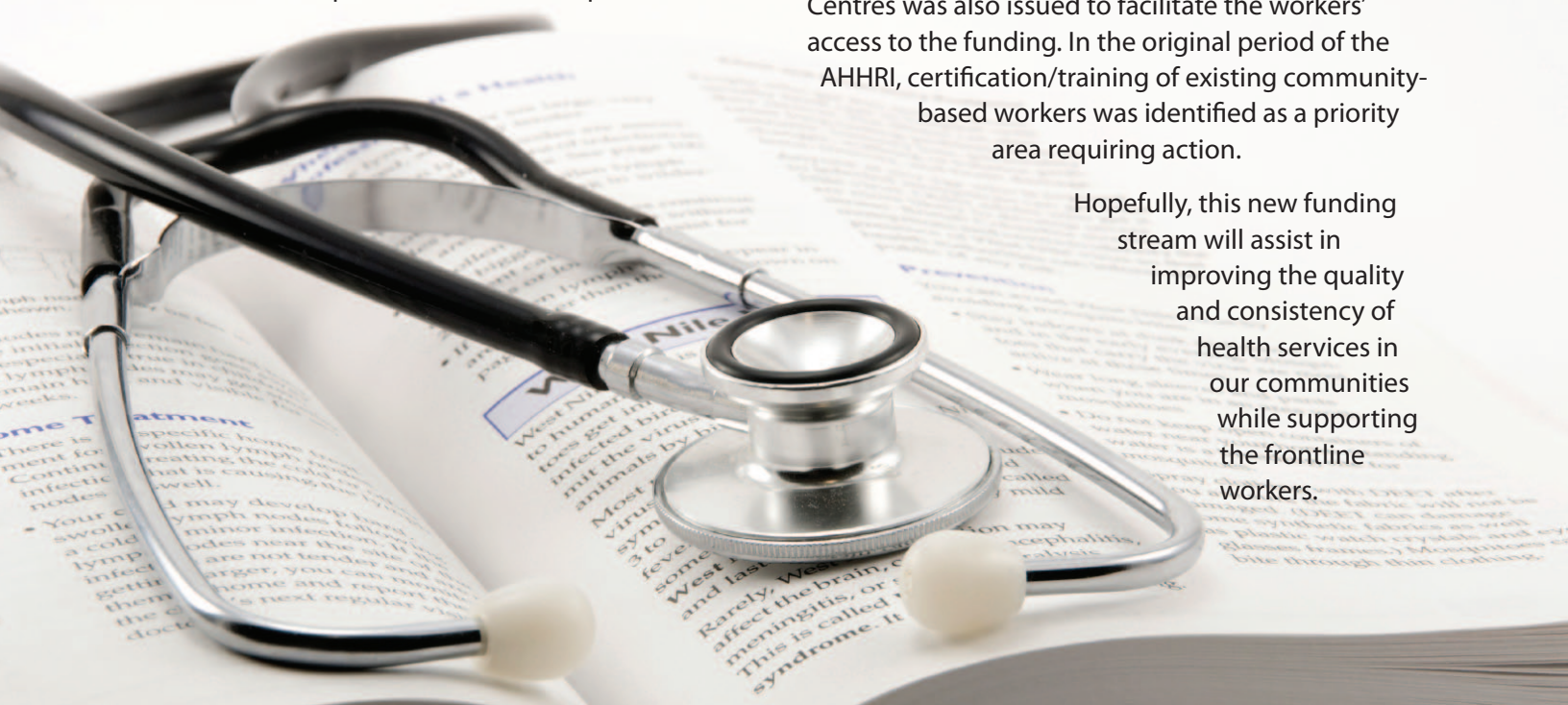
standards, to the extent possible.

Eligible programs of study are: Addictions treatment; mental health; diabetes prevention; early childhood education; personal support work; and pharmacy technician. In mid-November

2010 First Nations & Inuit Health, Ontario Region, issued a Request for Proposals to eligible recognized post-secondary institutions for proposals to deliver courses to existing community-based workers in eligible programs of study that lead to a certificate or diploma.

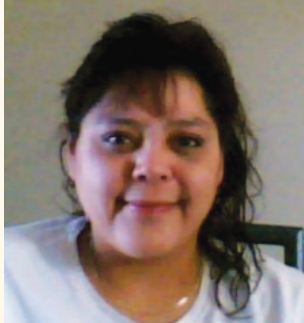
An invitation for applications from on-reserve First Nations communities and NNADAP Treatment Centres was also issued to facilitate the workers' access to the funding. In the original period of the AHHRI, certification/training of existing community-based workers was identified as a priority area requiring action.

Hopefully, this new funding stream will assist in improving the quality and consistency of health services in our communities while supporting the frontline workers.





OSHKI



*Rosanne Ojeebah,
Oshki Student*

Oshki-Pimache-O-Win Education & Training Institute (OSHKI) began an intake of the Pre-Health Sciences program (in partnership with Confederation College) in September 2010. A one year certificate program, it provides the background science knowledge

necessary to enter a specific health science program at the college or university level.

Rosanne Ojeebah is a single mother to three children and is from Brunswick House First Nation. As of September 2010, she is also a Pre-Health Sciences student at OSHKI. Recently she took some time from her busy schedule to share her experience to this point:

What made you decide to take the Pre-Health Science program? Have you always been interested in health?

I worked for Wabun Tribal Council for 13 yrs as a health clerk. My interest stemmed from that. We had nurses working in the health centre - being a nurse was always one of my dreams. After many years I decided to take the plunge. I left my job to move to Thunder Bay, to take the Pre-Health program.

What has your experience at OSHKI been like?

When I moved to Thunder Bay I applied directly to the on campus Confederation College program and the OSHKI program. OSHKI accepted me first so I went with them. I have no complaints with OSHKI and their delivery whatsoever. Because class size is small we get more one on one time with the teachers. The teachers are very helpful. The delivery mode works very well. If I were having problems I am more than welcome to go to the school to get help.

Pre-Health Sciences: The Oshki Student Experience

Do you have a lot of support (systems) while in school? How important do you think it is to have supports you can count on?

Yes, I have family, friends, the school – my band has been supportive with sponsorship. I think it's very important to have support because the workload can get very hectic. It's always good to get a little shove here and there when you feel like slacking off – that's very beneficial.

Looking to the future, what are your plans and goals?

After completing this program I'm looking to apply to the Native Nurses Entry Program (NNEP) at Lakehead University. Then go on to the nursing degree program. My goal is to do community health nursing – not necessarily in my own community, but wherever they need me. Even in a more clinical setting, like in a health centre/facility in the city if the need is there.

Do you have any words of encouragement or advice for others that may be thinking about going to school and/or enrolling in a health program?

Choosing the OSHKI program you can't go wrong. The teachers are always there to support me. Just yesterday I called the teacher to help me with an assignment; she was there to help me. The faculty is awesome, and you meet new people. There are 8 of us in the class and we work closely together, we support each other. We work together to prioritize our workload and we're always there to push each other. We always say to each other "we're going to finish this program" - keeping that positive mindset.

For more information on Oshki-Pimache-O-Win Education & Training Institute and the programs they offer visit their website at <http://www.oshki.ca>, or contact **Lorrie Deschamps**, Community Liaison & Student Recruitment Officer toll

Fun Fact

Our eyes are always the same size from birth, but our nose and ears never stop growing.

2010-2011 NAN Health Careers Grants

2010-2011 marked the third year that NAN has offered the community based Health Careers Grants Program. Funded through Health Canada's Indian and Inuit Health Careers Program (IIHCP), the aim is to help communities create and implement a health

careers awareness/learning experience for youth.

In the past, grants were awarded to communities and NAN affiliated schools and/or organizations under two separate funding streams: 1) smaller 1 day events and 2) larger multi-day/multi-phase projects. In 2010-2011, after reviewing statistics from previous years, some modifications were made to the program. This year the two streams were merged into one where all eligible applicants could request up to \$5,000 for their event/project.

A total of 14 projects have been funded this year, and are currently in various stages of implementation. All projects are scheduled to be completed by mid-March 2011. It is anticipated that the program will be offered again in 2011/2012 – keep an eye on the NAN AHHRI/IIHCP website at <http://ahhri.nan.on.ca> for updates and the application package in the coming months.



AHHRI to Fund Community Based Projects in 2011/2012

A new component of the refocused AHHRI is the funding of First Nations community projects which promote health careers to children and youth. In late October First Nations & Inuit Health, Ontario Region (FNIH-OR) issued a Request for Proposals (RFP) to Ontario First Nations communities for projects to be completed by March 31, 2011. All eligible applicants could request up to a maximum of \$5,000.00.

In February 2011, another Request for Proposals (RFP) for 2011/2012 will be issued by FNIH-OR to all First Nations communities on-reserve for projects that promote health careers awareness to First Nations youth, and which are completed by March 31, 2012. It is important to note that projects may build on activities already planned through such funding as the Indian & Inuit Health Careers Program, or on funding from other federal government or provincial government departments.

So, NAN communities could potentially combine the NAN Health Careers Grants with the AHHRI community based funding to increase the scope of their activities. Visit <http://ahhri.nan.on.ca> in mid to late **February** for more information on the AHHRI 2011/2012 RFP.



Career Spotlight: Indigenous Wellness & Addictions Prevention

Do you have excellent interpersonal skills? Are you empathetic, non-judgmental and a great listener? Do you like to help others and have a desire to affect positive change? If so, a career in Indigenous Wellness & Addictions Prevention may be for you!

The demand for counsellors with training in mental health and addictions has increased. In Ontario there are many accredited Indigenous Wellness & Addictions Prevention programs available through mainstream and Aboriginal post-secondary institutes. These programs prepare students to work towards the creation of programs which will assist communities in achieving wellness and develop comprehensive and culturally sensitive strategies for addressing addictions and related issues. Graduates will acquire the appropriate skills and training to provide the necessary support for individuals, families and communities. Careers may be found in a range of agencies that apply holistic healing approaches, including; Mental Health Workers, Crisis Counsellors, Crisis Coordinators and Health Resource Workers.

Nationally, the salary range for the above listed positions is \$32,000 to \$49,800. More information about specific Indigenous Wellness & Addictions Prevention programs can be found at www.ontariocolleges.ca and www.aboriginalinstitute.com

Health Word Search

O	H	J	B	R	O	K	E	N	B	O	N	E	A	S
M	F	G	E	N	V	N	S	D	O	C	T	O	R	C
E	J	A	K	S	R	F	O	T	E	Q	P	C	B	R
D	H	R	Y	U	O	G	N	S	I	R	G	N	R	A
I	R	O	Q	M	N	R	R	O	E	T	O	G	V	P
C	V	P	S	E	U	U	E	Z	W	B	C	K	I	E
I	D	H	N	P	N	J	B	T	M	E	L	H	M	H
N	I	E	E	U	I	A	L	C	H	E	Q	E	E	Y
E	S	A	E	B	Q	T	B	C	S	R	R	W	E	S
A	E	D	D	S	R	Y	A	O	B	Z	O	E	V	D
S	A	A	L	I	Z	H	N	L	A	R	Q	A	S	K
C	S	C	E	Z	C	Y	D	P	D	K	U	O	T	T
A	E	H	R	A	F	D	A	I	X	C	A	I	A	X
B	M	E	M	F	L	M	I	L	P	E	G	W	S	X
W	G	O	U	O	U	L	D	L	Y	L	Y	K	M	E
Z	T	T	C	L	M	X	E	D	R	D	R	J	V	A
S	S	M	F	U	F	N	C	J	I	C	U	T	L	M

Find the words below:

band-aid
broken bone
bruise
cold
cut
disease
doctor
flu
headache
hospital
medicine

needle
nosebleed
nurse
pill
rest
scab
scrape
sore throat
stitches
stomachache
stuffy nose

Nishnawbe Aski Nation - Mandate

Nishnawbe Aski Nation (NAN) represents the legitimate socioeconomic and political aspirations of its First Nation members to all levels of government in order to allow local self-determination while establishing spiritual, cultural, social, and economic independence.

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