



Indigenous Discharge Toolkit: Thompson Cariboo

**Planning and Coordinating Safe Discharges from
Royal Inland Hospital**

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Alphabetical Directory of
Indigenous Communities



Interior Health

Land Acknowledgement

Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Dăkelh Dené (Da-Kelh–De-ney), Ktunaxa (Tun-ah-hah), Nlaka’pamux (Ing-khla-kap-muh), Secwépemc (She-whep-m), St’át’imc (Stat-liem), Syilx (Saay-ilks), and Tâilhqot’in (Chil-co-teen) Nations where we live, learn, collaborate and work together.



[First Nation Pronunciation Audio Clip](#)





Health Equity

Métis Nation communities, Inuit and other First Nations have lived as guests, and had kinship relationships on the sovereign host Nations' territories, long before British Columbia was created. The Interior Region is home to 15 Métis Chartered Communities.

Interior Health promotes and supports health equity for all First Nations, Métis and Inuit peoples. Approximately 80% of Indigenous peoples seeking services from IH are Indigenous peoples living in urban settings or away from their home communities.



Purpose

The goal of the Indigenous Discharge Toolkit is to assist in discharge planning for Indigenous patients and their families from Royal Inland Hospital to their home communities within the Thompson Cariboo Region of Interior Health. By ensuring the patient and the family or carer understand what is required to achieve the best health outcomes during and after discharge they are more likely to be successful.

To support successful discharge:

- Connect with [Circle of Care](#) contacts as early as possible.
- Ensure to obtain the patient's consent prior to contacting their home community Health Centre.
- Always includes a partnership with patients and families in discharge planning.
- To help facilitate conversations, please use the [Indigenous Communication Tool](#)



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Alphabetical Directory of Indigenous Communities

[Location Name] Preferred Name (Pronunciation)

A

[\[Adams Lake\] Sexqeltqin \(se-kell-keen\)](#)

[\[Alkali Lake\] Esk'etemc \(ess-ke-tem\)](#)

[\[Alexandria\] ?Esdilagh](#)

[\[Anahim Lake\] Ulkatcho \(ul-lat-cho\)](#)

[Ashcroft](#)

[\[Anaham\] Tl'etingox \(kleh-deen-ko\)](#)

B

[\[Bridge River\] Xwisten \(hoist-in\)](#)

[\[Bonaparte\] St'uxwtéws](#)

C

[\[Canim Lake\] Tsq'escen' \(chess-ken\)](#)

[\[Canoe Creek/Dog Creek\]
Stswecem'c/Xget'tem' \(St-wet-lem/hight-lem\)](#)

[\[Cayoose Creek\] Sekw'el'was](#)

[Coldwater](#)

[Cooks Ferry](#)

F

[\[Fountain\] Xaxli'p \(hawk-leap\)](#)

H

[\[High Bar\] Llenllenéy'ten](#)

K

[Kanaka Bar](#)

[\[Kamloops\] Tkemlúps](#)

[\[Kamloops\] Two Rivers Métis Society](#)

L

[\[Lillooet\] T'it'q'et \(tilth-kit\)](#)

[\[Little Shuswap\] Skw'lax te
Secwépemcú'ecw](#)

[Lower Nicola](#)

[Lytton](#)

M

[\[Meritt\] Nicola Valley & District Métis
Society](#)

N

[\[Nemiah Valley\] Xení Gwet'in
\(hon-ay gwi-teen\)](#)

[\[Neskonlith\] Sk'atsin](#)

[Nicomen \(ni-kuh-men\)](#)

[Nooaitch \(new-itch\)](#)

O

[Oregon Jack Creek](#)

P

[\[Pavilion\] Ts'kw'aylaxw \(tisk-why-lah\)](#)

R

[\[Redstone\] Tsideldel \(tsigh-dell-dell\)](#)

S

[\[Seton Lake\] Tsal'alh](#)

[Shackan \(shack-n\)](#)

[Simpco \(sim-ka\)](#)

[Siska \(sis-ka\)](#)

[\[Skeetchestn\] Skitsesten](#)

[Skuppah \(scup-pa\)](#)

[\[Soda Creek\] Xat'sūll \(hat-sull\)](#)

[\[Stone\] Yunesit'in \(you-neh-she-teen\)](#)

T

[\[Toosey\] Tl'esqox](#)

U

[Upper Nicola](#)

W

[\[Whispering Pines\] Stil'qw/Pelltiq't](#)

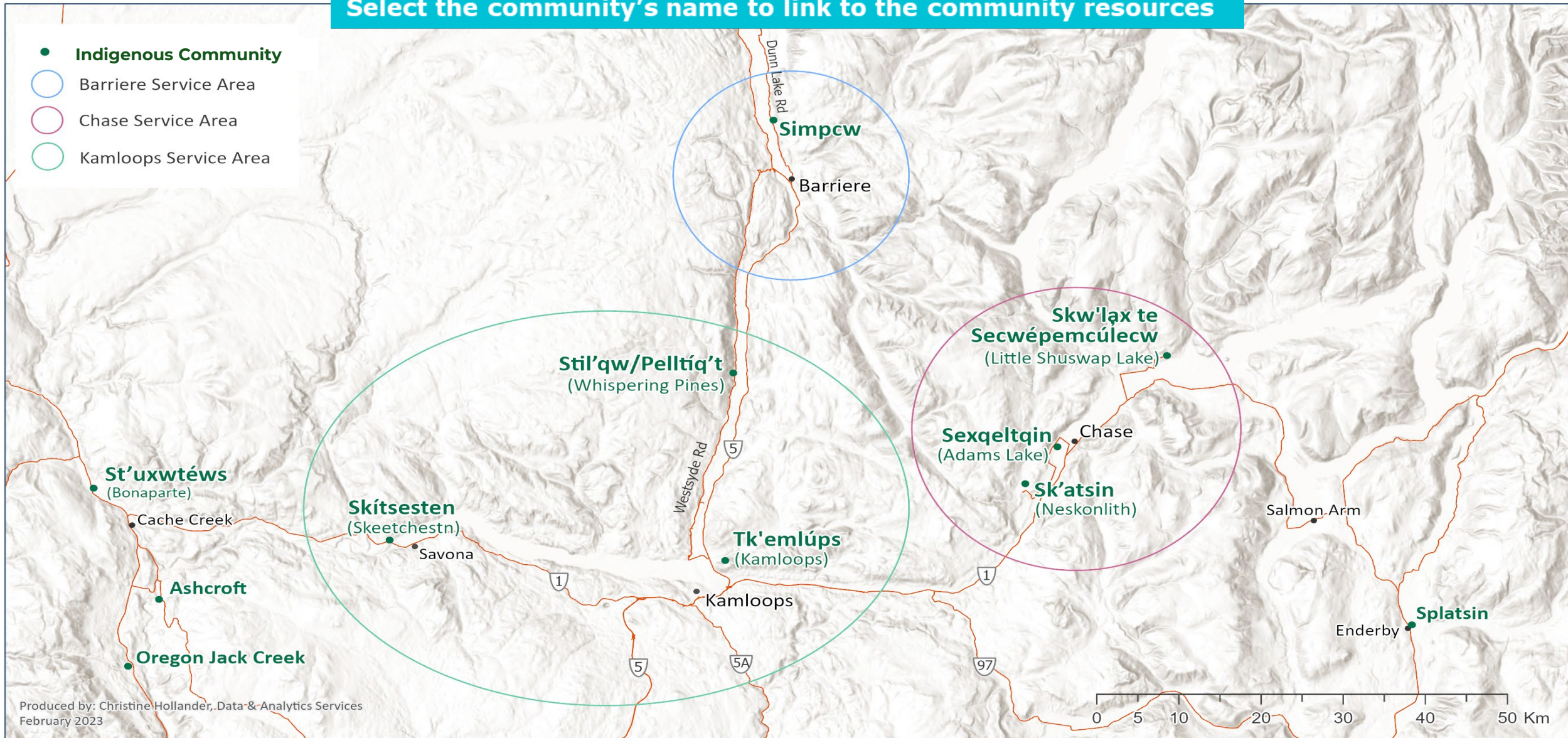
[Williams Lake/Sugar Cane\] T'exel'c
\(the-huwl\)](#)

[\[Williams Lake\] The Cariboo Chilcotin
Métis Association](#)

The final authority on pronunciation rests with the community. Gain a first-hand understanding of a how a name is pronounced by speaking with, and being guided by, representatives from each community.

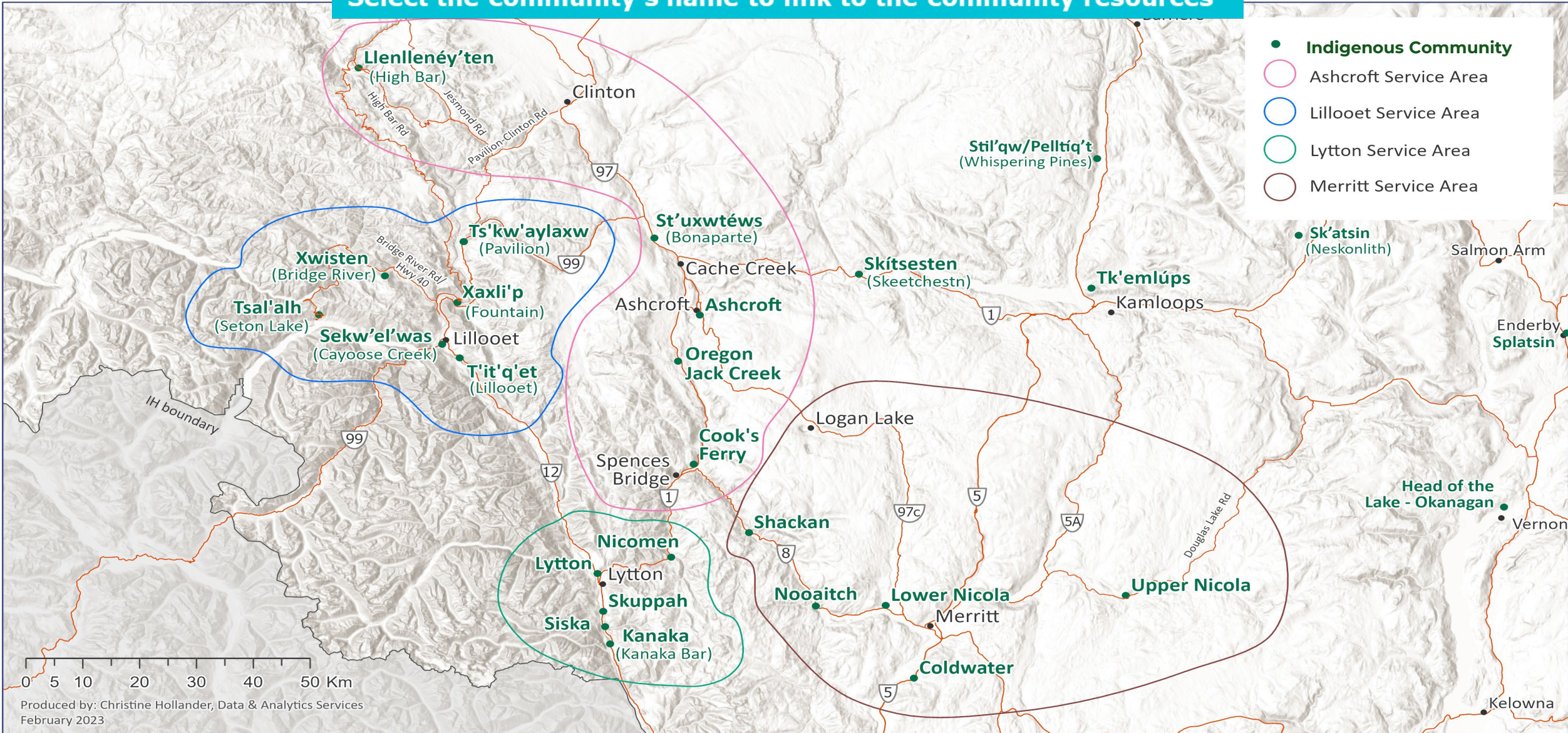
Barriere, Chase, and Kamloops Service Areas

Select the community's name to link to the community resources



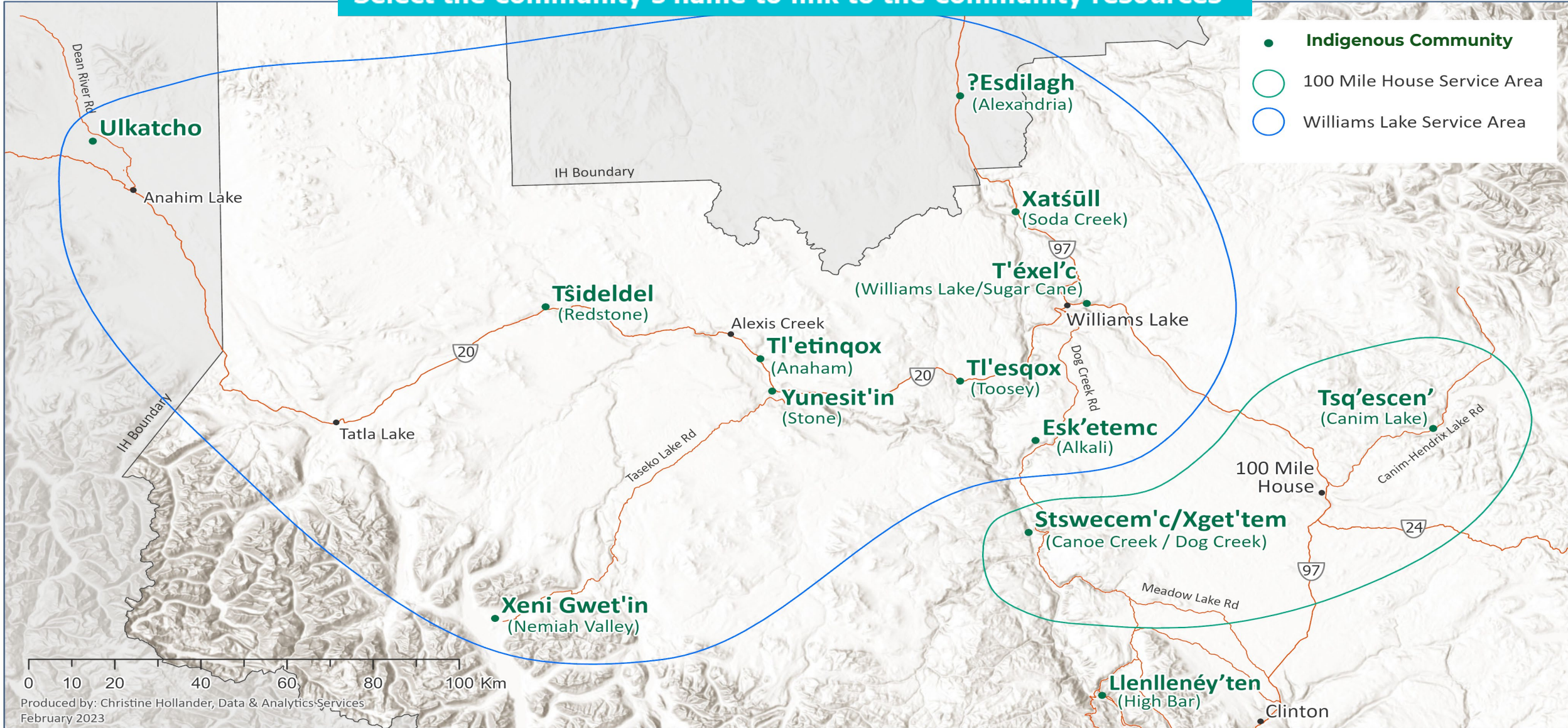
Ashcroft, Lillooet, Lytton, and Merritt Service Areas

Select the community's name to link to the community resources



100 Mile House and Williams Lake Service Areas

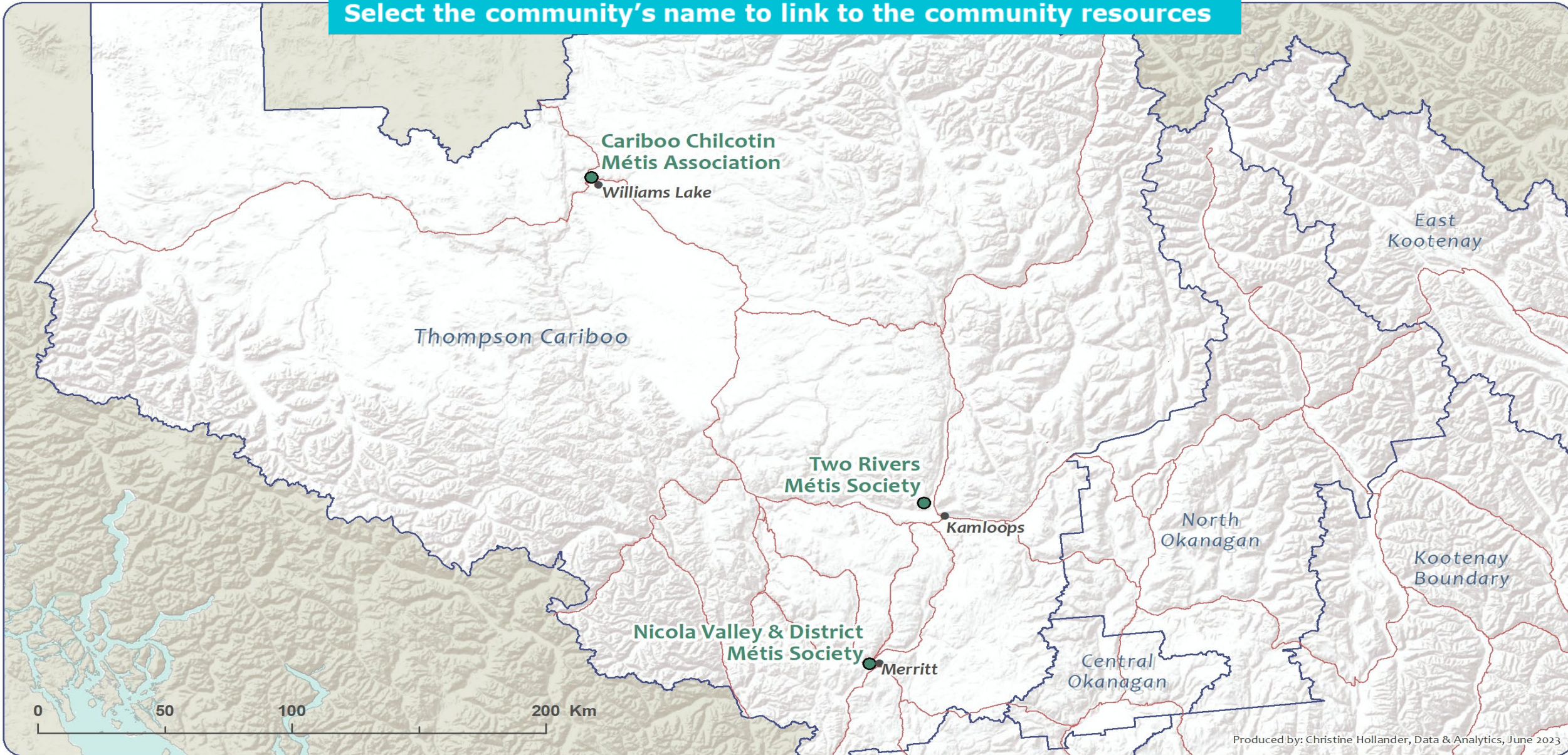
Select the community's name to link to the community resources



Produced by: Christine Hollander, Data & Analytics Services
February 2023

Métis Chartered Communities in Thompson Cariboo

Select the community's name to link to the community resources



Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
100 Mile House	Tsq'escen' (Canim Lake) 100 Mile House	Secwépemc	White Feather Centre PO Box 1030 100 Mile House, BC Ph: 250-397-2717 Fax: 250-397-4155 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> • Prenatal • Child & Youth • Dental Therapy • Circle of Life Program • Physician visits every Monday 1300 – 1600 	Not Available
	Stswecem'c Xget'tem (Canoe Creek/Dog Creek) 100 Mile House		Stswecem'c Community Health Centre 5201 Edward Billy Way Canoe Creek, BC Ph: 250-459-7749 URL: Health Centre Xget'tem Health Station 925 Lily Lane Dog Creek, BC Ph: 250-440-5822 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> • After School Program • Early Years (Indigenous Head Start) <ul style="list-style-type: none"> • Good Food Box • Prenatal & Postnatal Care • School Breakfast & Lunch Programs • Traditional/Cultural Program 	Available
Ashcroft	Ashcroft Indian Band Ashcroft	Nlaka'pamux	Ashcroft – Health Centre 2327 Cornwall Rd Ashcroft, BC Ph: 250-453-9325 Fax: 250-453-9188 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Ashcroft Mental Health Nursing Discharge Planning	Canadian Prenatal Program	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Ashcroft	St'uxwtéws (Bonaparte) Cache Creek	Secwépemc	Bonaparte Health Centre Hwy 97 N 2689A Sage Hill Rd Cache Creek, BC Ph: 250-457-6233 Fax: 250-457-9550 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Ashcroft Mental Health Nursing Discharge Planning	Canadian Prenatal Program Access through Lillooet Health Centre - FNHA: <ul style="list-style-type: none"> • Health Education • Maternal & Child Health <ul style="list-style-type: none"> • Nutrition • Preschool Health • School Health 	Available
	Cooks Ferry (Spences Bridge)	Nlaka'pamux	Heskw'en'scutxe Health Services Society 3691 Deer Lane Spences Bridge, BC Ph: 250-458-2212 Fax: 250-458-2213 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Ashcroft Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> • Breastfeeding support • Child Growth and Development Assessments • Children's Oral Health Initiative <ul style="list-style-type: none"> • Newborn Care • Prenatal & Postnatal Care <ul style="list-style-type: none"> • Vaccinations • Referrals • Access to maternity belt, breast pumps, nipple shields, prenatal vitamins, vitamin D drops, and child vitamins 	Available
	Llenllenéy'ten (High Bar) Clinton	Secwépemc	1401 Hwy 97 Clinton, BC Ph: 250-459-2117 Fax: 250-459-2119	Community Health Nurse IH Ashcroft Home Health Home and Community Care IH Ashcroft Home Health Mental Health Discharge Planning Nursing Discharge Planning IH Ashcroft Home Health	Not Available	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Ashcroft	Oregon Jack Creek (Ashcroft)	Nlaka'pamux	Fraser Thompson Indian Services Society 1632 St. Georges Rd Lytton, BC Ph: 250-455-2711 Fax: 250-455-2565	Community Health Nurse Home and Community Care IH Ashcroft Home Health Mental Health Discharge Planning Nursing Discharge Planning IH Ashcroft Mental Health	Access through Lillooet Health Centre – FNHA: <ul style="list-style-type: none"> • Health Education • Maternal & Child Health <ul style="list-style-type: none"> • Nutrition • Preschool Health <ul style="list-style-type: none"> • School Health 	Available
Barriere	Simpchw (North Thompson)	Secwépemc	Simpchw Health Centre 7555 Dunn Lake Rd Barriere, BC Ph:250-672-9925 Fax: 250-672-5500 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> • Indigenous Head Start <ul style="list-style-type: none"> • Early Years • Prenatal Postnatal • Children's Oral Health Initiative/Dental Program <ul style="list-style-type: none"> • Nutrition • Clinical Counselling Services • Maternal Child Health • Youth Summer Programs 	Available
Chase	Sexqeltqin (Adams Lake) Chase		Sexqeltqin Health & Wellness 6424 Village Rd Chase, BC Ph: 250-679-7726 Fax:250-679-2234 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Chase Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> • Maternal Child Health <ul style="list-style-type: none"> • Prenatal/Postnatal <ul style="list-style-type: none"> • Youth Suicide Prevention Program • Indigenous Head Start <ul style="list-style-type: none"> • Early Years • Children's Oral Health Initiative 	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Chase	Skwlāx te Secwepemcú'lecw (Little Shuswap Lake) Squilax	Secwépemc	Skwlax Wellness Centre 1528 Little Shuswap Rd Squilax, BC Ph: 250-679-3702 Fax: 250-679-3742 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> Dental Health Program Youth Program 	Available
	Sk'atsin (Neskonlith) Chase		Cwelcwe'lt Wellness Centre 5973 Old Hwy Chase, BC Ph: 250-679-3295 Fax: 250-679-3288 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Chase Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Children's Oral Health Initiative <ul style="list-style-type: none"> Diabetes FASD Initiatives Maternal Child Health Prenatal Nutrition Program <ul style="list-style-type: none"> Prenatal & Postnatal Programs Youth Counselling 	Available
Kamloops	Tkemlúps (Kamloops)		Q'wemstín Health Society 130 Chilcotin Rd Kamloops, BC Ph: 250-314-6732 Fax: 250-314-6742 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Kamloops Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Circle of Life Program <ul style="list-style-type: none"> Counselling Dental Care/Children's Oral Health Initiative <ul style="list-style-type: none"> Diabetes Program Nutrition Program Education Resources Family Mentoring & Support Family & Youth Counselling Maternal & Child Health Mental Health <ul style="list-style-type: none"> Youth Advocacy/ Recreation Programs 	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Kamloops	Skítsesten (Skeetchestn) Savona	Secwépemc	Skeetchestn Health Clinic 7116 Big Sky Rd Savona, BC Ph: 250-373-2580 Fax: 250-373-2590 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Kamloops Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Circle of Life Program Counselling Dental Care/Children's Oral Health Initiative Diabetes Program Nutrition Program Education Resources Family Mentoring & Support Family & Youth Counselling Maternal & Child Health Mental Health Youth Advocacy/ Recreation Programs 	Available
	Stil'qw/Pel'tíq't (Whispering Pines) Kamloops/Clinton		Q'wemstín Health Society 130 Chilcotin Rd Kamloops, BC Ph: 250-314-6732 Fax: 250-314-6742 URL: Health Centre			Available
	Two Rivers Métis Society	Métis	35–1800 Tranquille Rd Kamloops, BC Ph: 236-565-8355 Social Media Link: Two Rivers Métis Society Kamloops BC Facebook	Regional Mental Health Navigators Regional Health Coordinators	Awaiting information	Awaiting information
Lillooet	Xwisten (Bridge River)	St'át'imc	Xwisten Health Centre 12210 Joseph Rd Lillooet, BC Ph: 250-256-7423 Fax: 250-256-2443 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lillooet Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Indigenous Head Start Canadian Prenatal Program Elder & Youth Program Access through Lillooet Health Centre - FNHA: <ul style="list-style-type: none"> Health Education Maternal & Child Health <ul style="list-style-type: none"> Nutrition Preschool Health School Health Registered Midwife Lisa Boyd - Ph: 377 – 8611 Self referral	Available – Special Requirements

Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Lillooet	Sekw'el'was (Cayoose Creek) Lillooet	St'át'imc	Sekw'el'was Health 810 Hwy 99 Lillooet, BC Ph: 250-256-4136 Fax: 250-256-4138 URL: Health Centre	Community Health Nurse Home and Community Care IH Lillooet Home Health Mental Health Discharge Planning IH Lillooet Mental Health Nursing Discharge Planning IH Lillooet Home Health	<ul style="list-style-type: none"> Brighter Futures Canadian Prenatal Program Prenatal Nutrition Program Registered Midwife Lisa Boyd - Ph: 250-377-8611 Self referral	Available
	Xaxli'p (Fountain)		Xaxli'p Health Services 1433 Fountain Valley Rd Lillooet, BC Ph: 250-256-4800 Fax: 250-256-0085 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lillooet Mental Health Nursing Discharge Planning IH Lillooet Home Health	<ul style="list-style-type: none"> Canada Prenatal Nutrition Program Head Start Program <ul style="list-style-type: none"> Immunizations Prenatal & Postnatal Youth Solvent Abuse Registered Midwife Lisa Boyd - Ph: 250-377-8611 Self referral	Available
	T'it'q'et (Lillooet)		T'it'q'et Health Centre 59 Retasket Dr Lillooet, BC Ph: 250-256-4118 Fax: 250- 256-1930	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> Dental Program Maternal Child Health <ul style="list-style-type: none"> Youth Suicide Prevention Program Access through Lillooet Health Centre - FNHA: <ul style="list-style-type: none"> Health Education <ul style="list-style-type: none"> Nutrition Preschool Health School Health Registered Midwife Lisa Boyd - Ph: 377 – 8611 Self referral	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Lillooet	Ts'kw'aylaxw (Pavilion)	St'át'imc	Ts'kw'aylaxw Health Centre 35100 Hwy 99N Lillooet, BC Ph: 250-256-1359 Fax: 250-256-1379 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lillooet Mental Health Nursing Discharge Planning IH Lillooet Home Health	Access through Lillooet Health Centre - FNHA: <ul style="list-style-type: none"> • Health Education • Maternal & Child Health • Canadian Prenatal Nutrition Program • Preschool Health • School Health 	Available
	Tsal'alh (Seton Lake)		Rose Casper Healing Centre 579 Ski'il' Mountain Rd Shalalth, BC Ph: 250-259-8232 Fax: 250-259-8167 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lillooet Mental Health Nursing Discharge Planning IH Lillooet Home Health	Prenatal & Postnatal Program Access through Lillooet Health Centre - FNHA: <ul style="list-style-type: none"> • Health Education • Maternal & Child Health <ul style="list-style-type: none"> • Nutrition • Preschool Health • School Health 	Available
Lytton	Kanaka Bar (Lytton)	Nlaka'pamux	Kanaka Bar Health Department 2699 Siwash Rd Lytton, BC Ph: 250-455-0222 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lytton Mental Health Nursing Discharge Planning IH Lytton Home Health	<ul style="list-style-type: none"> • Canadian Prenatal Nutrition Program • Diabetes Initiative • Children's Oral Health Initiative 	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Lytton	Lytton (Lytton)	Nlaka'pamux	TI'Kemtsin Community Health Centre 1535 St. Georges Rd Lytton, BC Ph: 778-254-2545 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> Maternal & Child Health <ul style="list-style-type: none"> Nutrition Preschool Health <ul style="list-style-type: none"> School Health 	Available
	Nicomen (Lytton)		Skeesht Health & Wellness Centre 1030B Spence Rd Lytton, BC Ph: 250-455-0222 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lytton Mental Health Nursing Discharge Planning IH Lytton Home Health		Available
	Siska (Lytton)		Heskw'en'scutxe Health Services Society 163 Loop Rd Lytton, BC Ph: 250-455-6601 Fax: 250-455-6608 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lytton Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Breastfeeding support Child Growth and Development Assessments Children's Oral Health Initiative <ul style="list-style-type: none"> Newborn Care Prenatal & Postnatal Care <ul style="list-style-type: none"> Vaccinations Referrals Access to maternity belt, breast pumps, nipple shields, prenatal vitamins, vitamin D drops, and child vitamins 	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Lytton	Skuppah (Lytton)	Nlaka'pamux	Not Available	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Lytton Mental Health Nursing Discharge Planning IH Lytton Home Health		Not Available
Merritt	Coldwater Nooaitch Shackan		Scw'exmc Community Health Services Society 103-2090 Coutlee Ave Merritt, BC Ph: 250-378-9745 Fax: 250-378-4962 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Merritt Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Canada Prenatal Nutrition Program Parent & Tots Program Traditional Parenting 	Available
	Lower Nicola Merritt		Lower Nicola Health Centre 230 Hwy 8 West Merritt, BC Ph: 250-378-4089 Fax: 250-378-9137 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	Head Start Program	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Merritt	Nicola Valley & District Métis Society (Merritt)	Métis	2855 Scott Place Merritt, BC Ph: 250-525-0143 Social Media Link: https://www.facebook.com/NicolaValleyMetis/	Regional Mental Health Navigators Regional Health Coordinators	Awaiting information	Awaiting information
	Upper Nicola	Syilx (Okanagan)	Upper Nicola Health Centre 7055 Hillside Rd Quilchena, BC Ph: 250-378-5058 Fax: 250-378-6361 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Merritt Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> • Prenatal and Postnatal Care • Health Pregnancy Program • Immunization Promotion and Administration • Nutrition and Diabetes Support 	Available
Williams Lake	Esk'etemc (Alkali Lake) Williams Lake	Secwépemc Tsilhqot'in Dakelh	Esk'etemc Health Centre 1022 Esket Dr Alkali Lake, BC Ph: 250-440-5651 Fax: 250-440-5691	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	Maternal & Child Health	Available
	Ti'etingox (Anaham) Williams Lake		Ti'etingox Health Services Anahim's Flat 1 Cariboo K, BC Ph: 250-394-4240 Fax: 250-394-4234 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> • School Health • Well Child/Immunization Program • Well Woman & Prenatal Program 	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Williams Lake	Ulkatcho (Anahim Lake) Williams Lake	Secwépemc T̓silhqot'in Dakelh	Anahim Lake Health Centre & Nursing Station 6674 South Clinic Lane Anahim Lake, BC Ph: 250-742-3305 Fax: 250-742-3336	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Williams Lake Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Indigenous Head Start Program Canadian Prenatal Program <ul style="list-style-type: none"> Circle of Life Program <ul style="list-style-type: none"> FASD Initiatives Visiting Dentist Visiting Hearing Clinic Visiting Optometrist Well Child/Immunization Program <ul style="list-style-type: none"> Well Woman & Prenatal Program 	Available
	Xeni Gwet'in (Nemiah Valley) Williams Lake	T̓silhqot'in	?Eniyud Health Services Box 51 Nemaiah Valley, BC Ph: 250-394-7020 Fax: 250-394-7028 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Williams Lake Mental Health Nursing Discharge Planning IH Williams Lake Home Health	Maternal Child Health	Available
	T̓sideldel (Redstone) Williams Lake		Redstone Health Clinic 199 Hwy 20 Chilanko Forks, BC Ph: 250-481-1133 Fax: 250-481-0078	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Williams Lake Mental Health Nursing Discharge Planning	Prenatal & Postnatal Program	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Williams Lake	Yunesit'in (Stone) Williams Lake	T̓silhqot'in	Yunesit'in Health Centre 6678 Taseko Lake Rd Hanceville, BC Ph: 250-394-4041 Fax: 250-394-4950	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> School Health Program Well Child/Immunization Program Well Woman & Prenatal Program 	Available
	Tl'esqox (Toosey) Williams Lake		Toosey Health Dept Farwell Canyon Rd Riske Creek, BC Ph: 250-659-5655 Fax: 250-659-5601	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Williams Lake Mental Health Nursing Discharge Planning	<ul style="list-style-type: none"> Brighter Futures/Youth Worker Canadian Prenatal & Postnatal Program Well Child/Immunization Program 	Available
	?Esdilagh (Alexandria) Williams Lake		?Esdilagh First Nation Government Health 9001-4 West Fraser Rd Quesnel, BC Ph: 250-747-2002 Fax: 250-747-2928 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning IH Williams Lake Mental Health Nursing Discharge Planning	Not Available	Available

Interior Health Service Area	Community	Nation	Health Centre	Services	Maternal Child & Youth Programs	Transportation
Williams Lake	The Cariboo Chilcotin Métis Association	Métis	83 Oliver Street Williams Lake, BC Ph: 250-303-0252	Regional Mental Health Navigators Regional Health Coordinators	Awaiting information	Awaiting information
	Xatsūll (Soda Creek) Williams Lake	Secwépemc	Soda Creek Health Clinic 3405 Mountain House Rd Williams Lake, BC Ph: 250-989-2355 Fax: 250-989-2301 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> • Counselling • Pre & Post Natal Program • Youth Counselling • Family Connections Program 	Available
	T'ixel'c (Williams Lake/Sugar Cane) Williams Lake		Three Corners Heath Services Society 150 1st Ave North Williams Lake, BC Ph: 250-398-9814 Fax: 250-398-9824 URL: Health Centre	Community Health Nurse Home and Community Care Mental Health Discharge Planning Nursing Discharge Planning	<ul style="list-style-type: none"> • Family Connections Program • Maternal & Infant Health Services • School & Youth Health • Women's Wellness 	Available

Indigenous Patient Navigators (IPN)

- IPNs support families by providing resources to help connect clients to appropriate healthcare services and provide care in a culturally safe and inclusive way.
- Assisting the care team with health care, mental health substance use, and discharge planning.
- Provide access to spiritual care for clients and their families.
- Connects with the clients' Elders or spiritual care providers to ensure they have **access** to them during their care.
- Contact language translation services.
- IPNs who are located in Mental Health and Substance Use (MHSU) locations (Kamloops & Williams Lake) help connect patients and/or their families to appropriate MHSU services and cultural resources upon request.

[IPN Contact List \(internal resource\)](#)

[IPN Service Locations \(external resource\)](#)



Nursing Services in Indigenous Communities

Community Health Nurse (CHN)

Focus

- Health Promotion and Disease Prevention

The Team

- Registered Nurses (RNs)
- Licensed Practical Nurses (LPNs)

The Clients

- Care for all ages
- Maternal Child, Newborn Discharges

Services

- Prenatal support
- Postpartum support
- Breastfeeding support
- New Baby Assessments
- Jaundice monitoring
- School health
- Disease/Cancer Screening
- Harm reduction
- Communicable Disease Control

Home Care Nurse (HCN)

Focus

- Supporting clients to remain at home with safety and dignity
- Based on assessed case management need

The Team

- Registered Nurses (RNs)
- Licensed Practical Nurses (LPNs)
- Health Care Assistants (HCAs)

The Clients

- Care for all ages
- Clients with disabilities
- Acute or chronic illness

Services

- Nursing care (e.g., wound, ostomy, catheter, palliative care, etc.)
- Personal care
- Rehabilitation
- Medical devices



First Nations Health Benefits (Plan W)



[Plan W](#) is a Non-Insured Health Benefits program for First Nations and Inuit with active MSP and FNHA enrollment.

- This coverage supports one-time transition medication, as well as Over-the-Counter (OTC) medications with a prescription, as well as some OTC medical supplies and devices with some restrictions, see link for details.
- The Health Benefits [Transition Payment Request Form](#) permits a one-time fill per drug per patient, if appropriate. Pharmacists will be reimbursed \$10 in addition to the usual drug cost plus dispensing.
- Help care recipients enroll with FNHA and MSP in order to request Plan W or to update their personal information. Use the [MSP Registration Form](#) and the [MSP Change Request Form](#).



First Nation Health Benefits – All Ages

First Nations Health Benefits (FNHB) covers specific health-related items and services to meet medical or dental needs not covered by third-party health insurance or the BC Medical Services Plan (MSP).

FNHB Information Line:
1-855-550-5454



First Nations Health Authority
Health through wellness

Items Covered Include:

[Bathing and Toileting](#)

[Blood Pressure Monitor](#)

[Cushions and Protectors](#)

[Dressing and Feeding](#)

[Gender Affirming Products](#)

[Incontinence and Catheter Supplies](#)

[Lifting, Transfer, and Mobility](#)

[Medical Transportation Benefit](#)

[Respiratory Equipment/Oxygen/Sleep Equipment](#)

[Limb and Body Orthotics, Shoes](#)

[Pressure Garments](#)

[Prosthetics/Mastectomy Product](#)

[Ostomy and Wound Care](#)

[Vision/Audiology](#)

[*IH is committed to providing wound care supplies](#)



First Nation Health Benefits – Pregnancy and Infant Care



- [Contraceptives](#)
- [Coverage for Medications or Pharmacy Items](#)
- [Diabetes and Gestational Diabetes](#)
- [Eyes and Vision](#)
- [Infant Feeding](#)
- [Infant Oral Health](#)
- [Prenatal Vitamins / Post Natal](#)
- [Infant/Birth Parent Oral Health](#)
- [Maternity Belt, Breast Pump, and Nipple Shield](#)
- [Mental Health](#)
- [Pregnancy Discomforts \(nausea, vomiting, heartburn, etc.\)](#)
- [Pregnancy & Baby Care Resources](#)
- [Travel for Prenatal Care/Delivery](#)



Status Card Application

- Infant status card registration can take up to 2 years. Apply as soon as possible.
- The infant is covered under their parent's status card until 24 months of age.

[Apply Here](#)

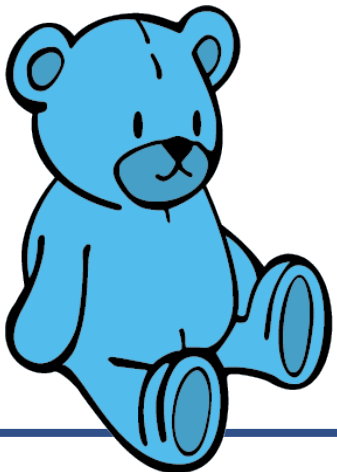
[Return to Table of Contents](#)



Jordan's Principle

Child-first principle that aims to eliminate service inequities and delays for Indigenous children. Jordan's Principle states that any public service ordinarily available to all other children must be made available to Indigenous children without delay or denial.

Jordan's Principle is named in honor of Jordan River Anderson, a young Indigenous boy from Norway House Cree Nation in northern Manitoba, who spent his entire life in hospital while caught in a jurisdictional dispute between the governments of Canada and Manitoba, which both refused to pay for the in-home medical care necessary for Jordan to live in his home and community.



For more information and to submit a request visit: [Indigenous Services of Canada – Jordan's Principle](#)

To locate a Service Coordinator responsible for serving your community, click here: [Service Coordinator Directory](#)

What is Covered?

Health	Social	Education
Mobility aids/ramps	Social Worker	School supplies
Services from Elders	Land-based activities	Tutoring services
Assessments and screenings	Respite care	Teaching assistants
Medical supplies and equipment	Specialized programs based on cultural beliefs and practiced	Psycho-education assessments
Mental Health Services	Personal Support Worker	Assistive technology and electronics
Home renovations		

Indigenous Child and Family Services Contacts



Knucwentwecw Society

231 North Second Ave
Williams Lake, BC V2G 1Z7
Phone: 250-392-2995 Fax: 250-392-7055
Email: reception@knucwentwecw.ca
Website: Kanukwa7staliha Family Services - Lillooet Tribal Council
Affiliations: Canim Lake, Canoe Creek, Soda Creek, Williams Lake

Secwépemc Child and Family Services Agency

153 Kootenay Way
Kamloops, BC V2H 0E6
Phone: 250-314-9669 Fax: 250-314-9609
Toll-Free: 1-866-314-9669
Email: reception@secwepemc.org
Website: www.secwepemcfamilies.org
Affiliations: Secwepemc Nation, Adams Lake, Bonaparte, Kamloops, Neskonlith, North Thompson, Skeetchestn, Whispering Pines

Nlha'7kapmx Child & Family Services

PO Box 567 987 George Rd
Lytton, BC V0K 1Z0
Phone: 250-455-2118 Fax: 250-455-2117
Toll-Free : 1-888-228-2118
Affiliations: Cook's Ferry, Kanaka Bar, Lytton, Nicomen, Siska, Skuppah

Scw'exmx Child and Family Services Society

85 Highway 8
Merritt, BC V1K 0A7
Phone: 250-378-2771 Toll-Free: 1-877-378-2773
Fax: 250-378-2799
Email: reception@scwexmx.com
Website: www.scwexmx.com
Affiliations: Coldwater, Lower Nicola, Nooaitch, Shackan, Upper Nicola




Youth Specific Resources

- [Ask an Auntie](#)
 - Online Virtual Supportive Community for girls ages 10 – 14
- [Children's Assessments](#)
- [Foundry Virtual](#)
 - Online or in-person



IH Medical Equipment Provision Program (MEPP) Vendors

Days of Service	Address	Contact Information	MEPP
100 Mile House Red Cross			<p>Provides timely access to short-term medical equipment.</p> <p>If there is a delay in accessing equipment in the home community, equipment should be obtained in Kamloops.</p> <p>Internal Resources:</p> <ul style="list-style-type: none">• MEPP Standard• MEPP Toolkit• IH Equipment Listing• MEPP Referral form• MEPP Brochure Thompson Cariboo• Basic equipment Specifications form• Advanced Equipment Specifications List<ul style="list-style-type: none">• Extension form <p>External Resources:</p> <p>First Nations Health Benefits (Plan W) - Medical Supplies and Equipment</p> 
Tues/Wed/Fri 10:00 – 14:00	215 4th Street	Ph: 250-395-9092 Fax: 250-395-9094	
Ashcroft Red Cross			
On call	Ashcroft Hospital 700 Elm Street	Ph: 250-453-2244 Fax: 250-453-2531	
Kamloops Red Cross			
Mon - Fri 09:30 – 16:00	Unit C, 1365 Dalhousie Drive	Ph: 250-372-2334 Fax: 250-372-0869	
National Seating & Mobility (formerly Kamloops PG Surg-Med)			
Mon – Fri 08:30 – 17:00	Unit 9 - 111 Oriole Road	Ph: 236-425-1235 Fax: 236-425-1238	
Lillooet Surg-Med Cupboard			
Mon - Sun 07:00 – 16:30	951 Murray Street Lillooet Home Health	Ph: 250-256-1326 Ph: 250-256-1328 Fax: 250-256-1330	
Merritt Red Cross			
Tues/Thurs 10:00 – 12:00 Mon/Wed/Fri/Sat/Sun - Closed	Nicola Valley Hospital 3451 Voght Street	Ph: 250-378-3269 Fax: 250-378-3287	
Williams Lake Red Cross			
Tues/Thurs/Fri 10:00 – 13:00 Mon/Wed/Sat/Sun – Closed	Deni House 517 6th Avenue North	Ph: 250-398-6803 Fax: 250-398-6843	



IH Thompson Cariboo Home Health Contact Information

Community	Contact Information
100 Mile House Home Health	Ph: 250-395-7676 Fax: 250-395-7675
Ashcroft Home Health	Ph: 250-453-1939 Fax: 250-453-1952
Barriere Home Health	Ph: 250-672-9707 Fax: 250-672-5144
Chase Home Health	Ph: 250-679-1416 Fax: 250-679-5329
Kamloops Home Health	Ph: 250-851-7945 Fax: 250-851-7910
Lillooet Home Health	Ph: 250-256-1326 Ph: 250-256-1328 Fax: 250-256-1330
Lytton Home Health	Ph: 250-256-1326 Ph: 250-256-1328 Fax: 250-256-1330
Merritt Home Health	Ph: 250-378-3408 Ph: 250-378-3409 Fax: 250-378-3261
Williams Lake Home Health	Ph: 250-305-4071 Fax: 250-305-4061



IH Thompson Cariboo Mental Health Contact Information



**Access to centralized IH MHSU
Services: 250-310-6474**



Community	Contact Information
100 Mile House Mental Health & Substance Use	Ph: 250-395-7676 Fax: 250-395-7675
Ashcroft Mental Health & Substance Use	Ph: 250-453-1940 Fax: 250-453-1952
Barriere Mental Health & Substance Use	Ph: 250-672-9773 Fax: 250-672-9709
Chase Mental Health & Substance Use	Ph: 250-679-1400 Fax: 250-679-5329
Clearwater Mental Health & Substance Use	Ph: 250-674-2600 Fax: 250-674-2676
Clinton Mental Health & Substance Use	Ph: 250-453-1940 Fax: 250-453-1952
Kamloops Mental Health & Substance Use	Ph: 250-377-6500 Fax: 250-377-6502
Lillooet Mental Health & Substance Use	Ph: 250-256-4233/1-855-656-4233 Fax: 250-256-1332
Logan Lake Mental Health & Substance Use	Ph: 250-523-9414, ext. 23 Fax: 250-523-6869
Lytton Mental Health & Substance Use	Ph: 250-256-4233/1-855-656-4233 Fax: 250-256-1332
Merritt Mental Health & Substance Use	Ph: 250-378-3401 Fax: 250-378-3411
Williams Lake Mental Health & Substance Use	Ph: 250-392-1483 Fax: 250-392-1484

MHSU Services

Services

[Culturally safe and trauma-informed services](#)

[FNHA Programs and Services Guide 2022/23](#)

[FNHA Mental Health Providers](#)

[Friendship Centre Society of BC](#) (specific services vary based on location)

[Métis Counselling Connection Program](#)

[Métis Regional Mental Health Navigators](#)

[Services covered by First Nations Health Benefits: Mental Health Benefit](#)

- Missing and Murdered Indigenous Women and Girls & Two-spirited Health Support
 - Indian Residential School Resolution Health Support Program
 - Indian Day Schools Health Support Services

[Suicide Prevention Training to Métis Communities in British Columbia](#)

[Virtual Substance Use & Psychiatry Service](#)



MHSU 24-Hour Support

Service	Contact Information
24/7 Crisis Support for Métis in British Columbia	1-833-METISBC (1-833-638-4722)
Alcohol and Substance Use information and referral service. Connection to available services and resources	1-800-784-2433
Depression Resources	Dealing With Depression
Mental Health and Substance Use Supports in BC (Adult)	Homepage Wellbeing.gov.bc.ca
Mental Health Support Line	310-6789
National Indian Residential School Crisis Line	1-866-925-4419
Portal for finding MHSU supports	HeretoHelp BC
Suicide Crisis Line	Ph: 250-453-1939 Fax: 250-453-1952
Victim Link BC – Information, referral and crisis supports to victims of family violence, crime, and more	1-800-563-0808



IH Thompson Cariboo Public Health Centre's Contact Information

Community	Contact Information
Alexis Creek Health Centre	Ph: 250-394-4313
Anahim Lake Nursing Station	Ph: 250-742-3305
Ashcroft Community Health Centre	Ph: 250-453-2211
Barriere Health Centre	Ph: 250-672-9731
Blue River Health Centre	Ph: 250-673-8311
Cariboo Memorial Health Centre	Ph: 250-392-4411
Chase Health Centre	Ph: 250-679-3312
Clearwater Community Health	Ph: 250-674-3141
Clinton Health and Wellness Centre	Ph: 250-459-2080
Kamloops Public Health Unit	Ph: 250-851-7300
Kamloops Seniors Health and Wellness Centre	Ph: 250-312-3280
Lillooet Hospital and Health Centre	Ph: 250-256-4233
Logan Lake Primary Health Centre	Ph: 250-523-9414

Community	Contact Information
Merritt Public Health	Ph: 250-378-3400
Nicola Valley Hospital and Health Centre	Ph: 250-378-2242
Sorrento and Area Community Health Centre	Ph: 250-675-2167
South Cariboo Health Centre (100 Mile House)	Ph: 250-395-7676
Lytton Primary Care Centre	Ph: 250-455-2221
Williams Lake Health Centre	Ph: 250-302-5000

Interior Health centres offer a variety of services in one location. The types of services delivered depend on patient needs and on whether comparable services are available nearby.

For a complete list of services select the community to be linked to the service directory.



IH Thompson Cariboo Allied Health Rural Coverage

Occupational Therapy (OT)	Physiotherapy (PT)	Registered Dietician (RD)	Respiratory Therapy (RT)	Social Work (SW)
100 Mile House				Currently, Social Work services are available only to IH Palliative Program clients. The Palliative Care Social Worker is responsible for all IH Thompson Cariboo Rural Sites. Direct all referrals to: IH 100 Mile House Home Health
Direct all referrals to: IH 100 Mile House Home Health	Direct all referrals to: IH 100 Mile House Home Health	Direct all referrals to: IH 100 Mile House Home Health	Direct all referrals to: IH 100 Mile House Home Health	
Ashcroft				
Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: IH Kamloops Home Health	Not Available	
Barriere				
Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: IH Kamloops Home Health	Not Available	
Chase				
Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: : IH Kamloops Home Health	Direct all referrals to: IH Chase Home Health	
Lillooet				
Direct all referrals to: IH Merritt Home Health	Direct all referrals to: IH Lillooet Home Health	Direct all referrals to: IH Kamloops Home Health	Not Available	
Lytton				
Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: IH Kamloops Home Health	Direct all referrals to: IH Merritt Home Health	Not Available	
Merritt				
Direct all referrals to: IH Merritt Home Health	Direct all referrals to: IH Merritt Home Health	Direct all referrals to: IH Merritt Home Health	Not Available	
Williams Lake				
Direct all referrals to: IH Williams Lake Home Health	Direct all referrals to: IH Williams Lake Home Health	Direct all referrals to: IH Williams Lake Home Health	Direct all referrals to: IH Williams Lake Home Health	

Health Connections (Transportation)

Please verify online schedules for precise dates and departure times to ensure you have the latest information. Flag stops are available upon request. No Service is available on Statutory Holidays.
Medical Transportation Benefits are also available through the First Nations Health Authority. Click [here](#) for more information.

Destination	Schedule	Booking Required	Booking Telephone	Cost One-Way
100 Mile House	BC Transit Guide Health Connections Bus – Cariboo-Okanagan Route	Recommended two business days in advance Recommended one business day in advance	1-866-933-7812 1-888-647-4997	\$5.00 \$10.00
Ashcroft	BC Transit Guide Health Connections Bus – Cariboo-Okanagan Route Transit Services - Yellowhead Community Services	Recommended one business day in advance	1-888-647-4997 1-888-647-4997 1-855-359-3935	\$5.00 \$10.00 \$5.00
Barriere	BC Transit	Recommended one business day in advance.	1-855-359-3935	\$5.00
Cache Creek	BC Transit Health Connections Bus – Cariboo-Okanagan Route Transit Services - Yellowhead Community Services	Recommended one business day in advance	1-855-359-3935 1-888-647-4997 1-855-359-3935	\$5.00 \$10.00 \$5.00
Chase	BC Transit	Recommended two business days in advance	1-888-376-7525	\$5.00
Clearwater	BC Transit	Recommended one business day in advance.	1-855-359-3935	\$5.00
Clinton	BC Transit Transit Services - Yellowhead Community Services	Recommended one business day in advance	1-855-359-3935	\$5.00
Lillooet	BC Transit Transit Services - Yellowhead Community Services	Recommended two business days in advance	1-855-359-3935	\$5.00
Lytton	BC Transit	Recommended two business days in advance	1-855-359-3935	\$5.00
Merritt	BC Transit	Recommended two business days in advance	1-888-376-7525	\$5.00
Savona	BC Transit – flag stop	Recommended two business days in advance	1-855-359-3935	\$5.00
Williams Lake	BC Transit Health Connections Bus – Cariboo-Okanagan Route	Recommended two business days in advance Recommended one business day in advance	1-866-933-7812 1-888-647-4997	\$5.00 \$10.00

Community Pharmacies

Pharmacy	Address	Contact Information	Hours of Operation *Phone to confirm weekend/stat hours*	
100 Mile House				
IDA – Donex Pharmacy	145 Birch Avenue	Ph: 250-395-4004 Fax: 250-644-2251	Mon – Fri 09:00 – 17:30	Sat 09:00 – 17:30 Sun & Holidays - Closed
Pharmasave	575 B Alder Avenue	Ph: 250-395-2921 Fax: 250-395-3652	Mon – Fri 09:00 – 17:30	Sat, Sun & Holidays - Closed
Save-On-Foods	1 95A Cariboo Highway 97	Ph: 250-395-2139 Fax: 250-395-2031	Mon – Fri 09:00 – 17:00	Sat, Sun & Holidays - Closed
Ashcroft				
IDA – Peoples Drug Mart	400 – 210 Railway Avenue	Ph: 250-453-2537 Fax: 250-453-2404	Mon – Fri 09:00 – 17:30	Sat, Sun & Holidays - Closed
Barriere				
IDA Pharmacy & TelePharmacy	4480 Barriere Town Road	Ph: 250-672-9791 Fax: 250-672-9746	Mon – Fri 09:00 – 17:30	Sat 09:00 –17:30 Sun & Holidays – 13:00 - 16:00
Chase				
PharmaChoice	825 Shuswap Avenue	Ph: 250-679-8611 Fax: 250-679-7888	Mon – Fri 09:00 – 18:00	Sat 09:00 – 18:00 Sun & Holidays - Closed

Injectable Medication: Phone 24 hours ahead to confirm availability to fill prescription. For many First Nations people, especially those living in rural or remote areas, it can be challenging to access/secure medication. Please ensure enough medication is provided upon discharge.



Community Pharmacies

Pharmacy	Address	Contact Information	Hours of Operation *Phone to confirm weekend/stat hours*	
Lillooet				
I.D.A.	656 Main Street	Ph: 250-256-7538 Fax: 250-256-4044	Mon – Fri 09:00 – 18:00	Sat, Sun & Holidays - Closed
Pharmasave - Old Mill Plaza	155 Main Street	Ph: 250-256-4262 Fax: 250-256-0362	Mon – Thurs 09:30 – 18:00 Fri - 09:30 – 21:00	Sat 09:30 – 18:00 Sun – 10:00 – 17:00
Lytton				
PharmaChoice – Stein Valley Pharmacy	531 Main Street	Ph: 250-455-6685 Fax: 250-984-0787	Mon – Fri 10:00 – 17:00	Sat, Sun & Holidays - Closed
Merritt				
I.D.A. Black’s Pharmacy	2037 Quilchena Avenue	Ph: 250-378-2155 Fax: 250-378-4884	Mon - Fri 09:00 -18:00	Sat 09:00 - 16:00 Sun & Holidays - Closed
Extra Foods	2760 Forksdale Avenue	Ph: 250-378-2431 Fax: 250-378-2971	Mon – Fri 09:00 –17:00	Sat 10:00 - 14:00 Sun & Holidays - Closed
Pharmasave	1800 Garcia Street	Ph: 250-378-9238 Fax: 250-378-9296	Mon - Fri 09:00 – 18:00	Sat 09:00 – 17:00 Sun 11:00 – 16:00 Holidays - Closed
Walmart	100 - 3900 Crawford Avenue	Ph: 250-315-1371 Fax: 250-315-1356	Mon - Fri 09:00 –19:00	Sat 09:00 – 17:00 Sun 10:00 – 17:00 Holidays - Closed

Injectable Medication: Phone 24 hours ahead to confirm availability to fill prescription. For many First Nations people, especially those living in rural or remote areas, it can be challenging to access/secure medication. Please ensure enough medication is provided upon discharge.



Community Pharmacies

Pharmacy	Address	Contact Information	Hours of Operation *Phone to confirm weekend/stat hours*	
Williams Lake				
Kornak & Hamm's Pharmacy (no website)	366 Yorston Street	Ph: 250-398-8177 Fax: 250-398-7393	Mon – Fri 08:30 – 17:30	Sat 09:30 – 13:30 Sun & Holidays - Closed
FreshCo	451 Oliver Street	Ph: 250-398-8380 Fax: 250-398-7087	Mon - Fri 09:00 – 18:00	Sat & Sun 10:00 – 18:00 Holidays - Closed
Save-On-Foods	730 Oliver Street	Ph: 250-392-7266 Fax: 250-392-5839	Mon – Fri 09:00 – 19:00	Sat & Sun 10:00 – 18:00
Shoppers Drug Mart	715 Oliver Street	Ph: 250-392-3333 Fax: 250-392-2408	Mon – Fri 08:00 – 22:00	Sat 09:00 – 18:00 Sun 10:00 – 18:00
Walmart	1205 Prosperity Way	Ph: 250-305-6899 Fax: 250-305-1145	Mon – Fri 09:00 – 18:00	Sat & Sun – 10:00 – 18:00 Holidays - Closed
Wholesale Club	1000 South Lakeside Drive	Ph: 250-305-2158 Fax: 250-305-2162	Mon – Fri 09:00 – 20:00	Sat 09:00 – 18:00 Sun 10:00 – 16:00

Injectable Medication: Phone 24 hours ahead to confirm availability to fill prescription. For many First Nations people, especially those living in rural or remote areas, it can be challenging to access/secure medication. Please ensure enough medication is provided upon discharge.



Métis Specific Resources



Regional Health Services in Métis Communities

Regional Mental Health Navigators (RMHD)

Services

Regional Mental Health Navigators (RMHN) provide mental health navigation support to Métis people across their respected health authority. RMHNs act as a mental health information conduit between MNBC, Métis Chartered Communities, and Interior Health. RMHNs assist Métis individuals navigate different mental health and substance use resources and systems. They can help with questions around counselling, psychiatrists, harm reduction, treatment centres, etc. Please contact your RMHN for support.

MNBC Regional Mental Health Navigator- **Interior** <https://www.mnbc.ca/work-programs/ministries/mental-health-harm-reduction>

Regional Health Coordinators (RHC)

Services

Regional Health Coordinators (RHC) act as health information conduits between Métis Nation British Columbia (MNBC), Métis Chartered Communities, and the Regional Health Authority (RHA). The RHC facilitates connections with Métis Citizens, Chartered Communities, and RHA health professionals, and Primary Care Networks. RHCs provide information on MNBC health programs and services that may be available you.

MNBC Regional Health Coordinator-**Interior** <https://www.mnbc.ca/work-programs/ministries/health>



Métis Citizenship Application

- Métis Nation British Columbia (MNBC) has 13 Ministries who are dedicated to working hard for the Métis people of BC. Through this work MNBC offers a myriad of programs and services. We encourage you to explore our website, <https://www.mnbc.ca/> to learn more about what our Ministries have been working on and what programs are available to you.
- There are many reasons to apply for Métis Citizenship. For more information, or to apply please click the link below.

[Apply Here](#)

Métis Health Experience Program

The [Métis Health Experience Program](#) assists Métis individuals, families, and communities across BC navigate the healthcare feedback process. The program provides a safe space for Métis-led conversations around all types of health experiences and advocates for change, through story sharing and ensuring Métis are being represented in health.

The Métis Health Experience Program offers an alternative for Métis to share their truths outside the system and to be heard and seen by their peers and the system in a uniquely Métis way. We recognize the harms the health feedback process can cause to Métis people, and if the patient doesn't feel comfortable with sharing their story directly to the system that led to those harms, the Métis Health Experience program ensures their voice is heard, respected, and validated. This is the patient's story, and it will only be shared how they wish.

Contact the Métis Health Experience Advocate at:

Email: healthexperience@mnbc.ca

Ph: 604-557-5851 Ext. 8867

Métis Health Experience

Share your healthcare system experience and learn how we can support you.

Contact healthexperience@mnbc.ca



MÉTIS NATION
BRITISH COLUMBIA

Métis Family Connections – Early Years

Métis Family Connections – Early Years was developed by Métis Nation British Columbia (MNBC) for families with Métis children from birth to eight years. Métis Family Connections – Early Years is focused on helping families build a network of support that provides children with opportunities for early learning and childhood development. Métis Family Connections Navigators assist families to access programs and services that are available in their region and connect them to community and culture.

MNBC's Métis Family Connections Program is excited to announce the launch of the Baby Welcome Kit! This culturally rich gift extends a warm welcome to newborns and infants 0-6 months when they are enrolled in the Métis Family Connections Program.

For more information on this program, or to enroll your child please visit [Métis Family Connections - Early Years \(Birth to 8 Years\) MNBC](#) or email metisearlyyears@mnbc.ca.





Métis Elders and Seniors

Métis Elders & Seniors Assistance Program (MESAP)

The Ministry of Elders has a program to support low-income Métis Citizens who are 65+ to access health-related services and/or equipment not covered by MSP. MNBC will work directly with the providers to set up direct billing to access services and/or equipment. MESAP can support health-related items including medications, hearing aids, dentures, walkers, glasses, and more. For eligibility details or to apply [click here](#).

Virtual Healing Circle

Métis Nation of BC has an Elders Virtual Healing Circle that is held through Zoom. The meetings are designed to bring together Elders in our communities to be able to discuss topics that are important to them. For more information on how to join the conversation, [click here](#).

As part of the original development of the Toolkit and the 2023 updates, the following partners are gratefully acknowledged:

- First Nations Health Authority Community Health Practice Consultants
- First Nation Health Directors
- IH Indigenous Partnerships
- IH Community Allied Health Professionals
- IH Quality
- IH Regional Knowledge Coordinators
- IH Rural Home Health Community Integration Care Coordinators
- IH Thompson Cariboo Rural Health Services Managers
- Métis Health System Advocates
- Nation Community Engagement Coordinators
- Nation Health Managers
- Royal Inland Hospital Aboriginal Patient Navigators
- Royal Inland Hospital Education Services
- Royal Inland Hospital Patient Care Coordinators
- Royal Inland Hospital Transition Liaisons



A large, faint, light blue graphic in the background depicts a stylized person with their arms raised, enclosed within a circular shape. The person's head is represented by a solid dark blue circle.

If you have any queries about the department, program, or project identity, or if there is any missing or updated information you would like to provide, please do not hesitate to contact us at RIH.EDU@interiorhealth.ca