



Yuutu?it?ath



5-YEAR COMMUNITY HEALTH STRATEGY

MAY 2019 - MAY 2024





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Yuuʻuʻiʻath 5 Year Health Strategy

Goal 3

Our community has healthy and strong leadership.

Goal 4

Our citizens are safe.

Goal 7

Our environment is clean for everyone to enjoy.

Goal 2

We are building healthy lifestyles and a healthy community for all generations.

Goal 5

We take care of our elders.

Goal 6

We are connected and we take care of each other.

Goal 8

We empower and support our citizens to reach their education and employment goals.

Goal 1

Our culture and language are strong and vibrant.

Yuuʻuʻiʻath Values

These are the values as outlined in the Yuuʻuʻiʻath constitution under 'Declaration of Yuuʻuʻiʻath Rights and Values' and are foundational for the community. These values will also ground the approach and work to implement this health strategy over the next five years.

1. A belief in, and reverence for, Naas
2. Honouring our ancestors
3. Respecting our elders
4. Respecting our family and kinship systems
5. Our unique language, and
6. A respect for the land, air, water and environment which encompasses the hahoulthee of our Ha'wiih.





WELCOME

The purpose of the 5 Year Community Health Strategy is to outline the health and wellness priorities and areas for action based in the input and vision of Yuułuṯiḥṯaḥ citizens.

These strategic priorities and areas for action will:

- ▶ be a framework for decision-making for future projects and funding applications;
- ▶ increase support for the activity ideas put forward; and
- ▶ help bring the Yuułuṯiḥṯaḥ community back into alignment with a tradition of health, strength, wellness and vitality.

Although the plan is broken up into categories, we acknowledge that all of the areas outlined are interconnected and overlapping. All areas of our lives, from our outer surroundings to our inner spirit, are a part of individual and community health and well-being.

We recognize that our culture and language is at the root of everything we do; that our wellness is rooted to our culture and the health of our environment; and that our community holds up our governance and our governance holds up our community. These are just a few examples to illustrate that connections exist between all elements as Yuułuṯiḥṯaḥ and we acknowledge that this is also the case for this plan.

BACKGROUND

Yuułuṯiḥṯaḥ means “People of the safe landing place or safe harbour.” In 2011 Yuułuṯiḥṯaḥ became a modern treaty government after ratifying the Maa-nulth Final agreement. The Yuułuṯiḥṯaḥ has the tremendous task to innovate forward into a new future of self government. In considering a community health strategy it is important to recognize that the community is in a place of transition and growth between ‘what was’, ‘what is’ and ‘what is going to be,’ and that a community driven health strategy is one piece of paving the way forward.

When citizens were asked how they would rank the quality of life in the context of a healthy community, 46% answered “average” followed closely with “poor” at



“Changing times. Going back and stepping forward into health. We have different choices and learnings now. Acknowledge difference and diversity as we practice. We honor our needs in different ways” - Elder contributor

34%, with 13.9% answering good and 6.9% ‘very good’. The rest didn’t know or didn’t answer this particular question. These answers only highlight what the community and its leadership already know, that energy and effort is needed to have a happy, healthy, and well Yuułuṯiḥṯaḥ citizens. Planning forward with the input and ideas of the community grounded in the wisdom of our elders and children is a strong and important step. This community health strategy is the voice and ideas of the community on how we can step forward into health together. Leadership and community are encouraged to reference this strategy often, track progress, celebrate successes, and communicate progress each year.

Yuułuᑦiᑦaᑦ GOVERNANCE

Below is the Yuułuᑦiᑦaᑦ Government organizational chart showing the positions in the government that have responsibilities for health and wellness as outlined in this plan.

Senior Management

Director of Operations,
Suzanne Williams

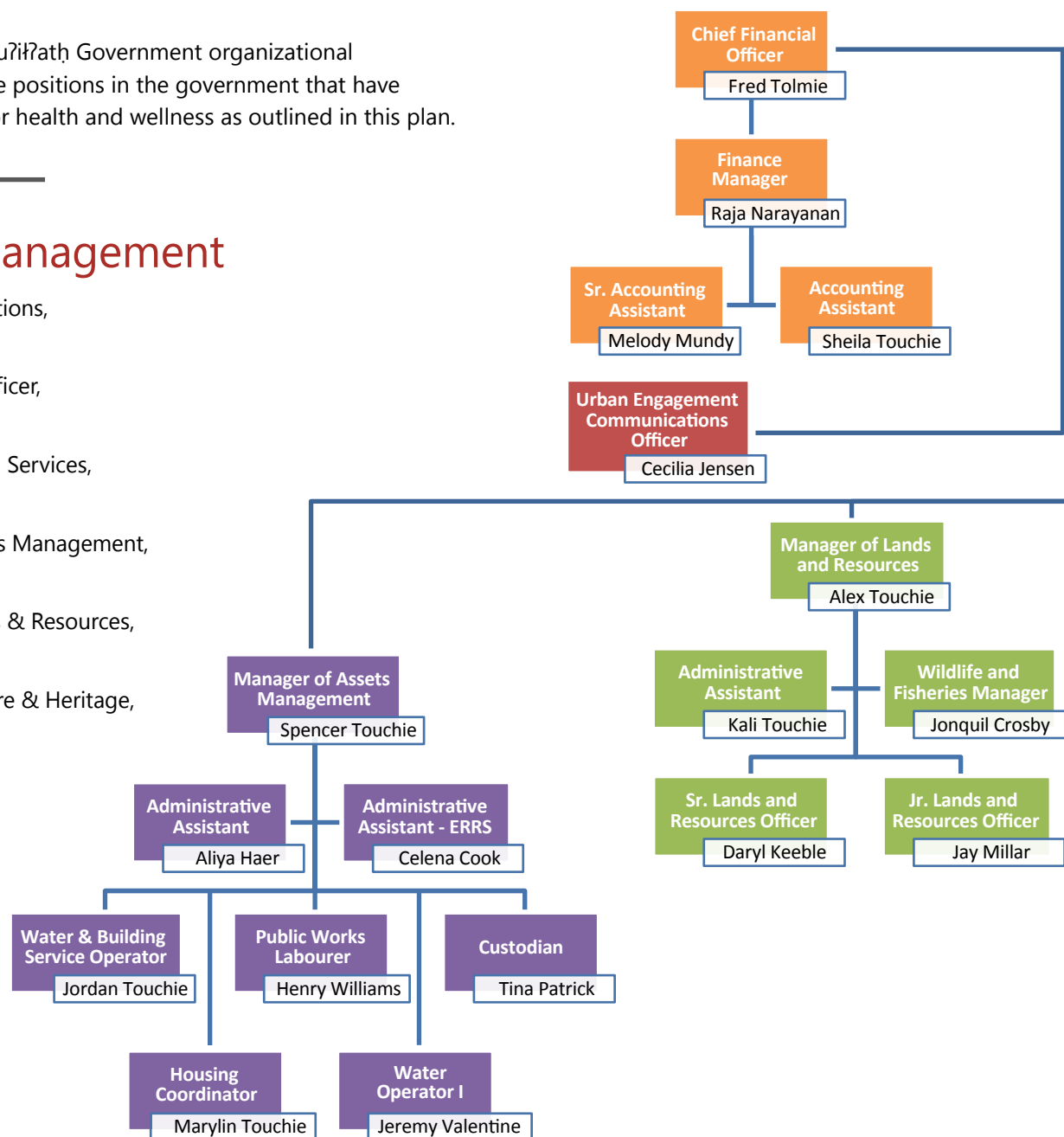
Chief Financial Officer,
Fred Tolmie

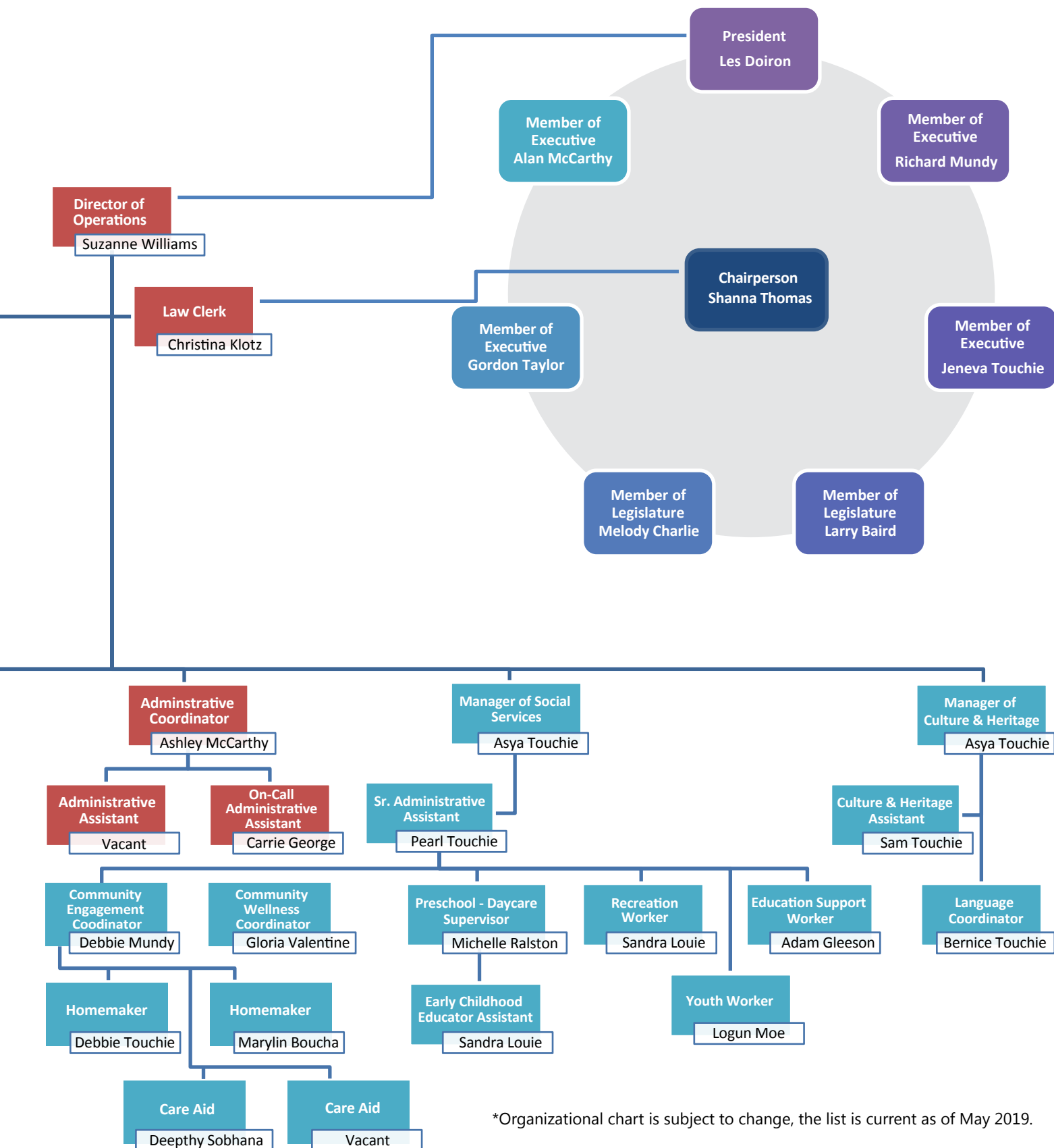
Manager of Social Services,
Asya Touchie

Manager of Assets Management,
Spencer Touchie

Manager of Lands & Resources,
Alex Touchie

Manager of Culture & Heritage,
Asya Touchie





*Organizational chart is subject to change, the list is current as of May 2019.



We Raise Our Hands: ACKNOWLEDGMENTS

We would like to acknowledge our ancestors and elders whose strength, perseverance, and wisdom is the reason we are here and able to plan for our children and future generations: deep appreciation to the Ha'wiih who are the guardians of our territories and everything within them. We are grateful to the legislature for their vision to plan forward for their citizens and to the administration and staff for tending so thoughtfully to the logistics for the engagement processes. Thank you to the cooks who continuously

fed and cared for everyone so generously at every event. A big ʻĀeekoo ʻĀeekoo to all citizens, elders, children, youth, adults, and families who gave their best energy and took the time to share ideas, thoughts, concerns, and dreams, and whose bright light gives us the inspiration to work for better tomorrows. We raise our hands to all of you who have already been working hard, contributing your skills, time, energy, and knowledge towards a healthy Yuuʻuʻiʻiʻaʻth community.





HOW TO GET THERE

Goal 1: Our culture and language are strong and vibrant.

- 

"One step at a time."

- Elder contributor

Goal 2: We are building healthy lifestyles and a healthy community for all generations.

a) Improve and increase health services for our citizens:

- Provide opportunities to access doctors and specialists including chiropractic, acupuncture, massage, naturopath, traditional healers, and other alternative therapies with consistency in service providers.
- Provide better access to emergency services.
- Promote collaboration between family doctors and other medical and health services.
- Increase access to services not covered by NIHB (a credit card for health through Scotiabank).
- Ensure urban members know about health services and have access to all services.
- Provide more access and better coverage for dental health.
- Increased extended health services for elders (see Taking Care of Elders).

b) Increase supports for wellness and mental health:

- Provide interventions for suicide prevention, addictions, abuse, and assault including emergency outreach supports, education, and counselling/therapy.
- Offer ongoing workshops, education, and support groups for issues including trauma, PTSD, sexual assault/violence, addictions, grief and loss, cancer, Parkinson's, diabetes, injury prevention, personal growth and self care, immunizations, sex education (youth), technology safety and healthy eating and nutrition.
- Provide opportunities for community members interested in health professions to get education and training in areas such as nutrition and counselling.
- Increase access to mental health workers, counsellors, alternative therapies to address mental health and psychological screening. Have a full-time, in-house counsellor.
- Identify and support the connection of healthy role models to children and youth.
- Support grandparents and parents to provide the best care for their grandchildren/children.

c) Ensure we have spaces in the community designated for health and wellness:

- Develop a medical clinic and wellness centre facility in Hitacu.
- Provide an exercise and fitness facility with equipment, fitness programs, and a personal trainer.
- Explore the possibilities and partnerships to develop recreational facilities in the future including a pool, ice-rink, and an infant playground/park.

d) Develop more recreational activities for individuals and families:

- Develop sports teams and events for all ages including urban citizens.



- Organize trips/exchanges for youth and families to learn about other First Nations' communities.
- Encourage citizens getting out onto the land and developing outdoor skills through hiking, canoeing, and boating.
- Develop more child and youth programming for all ages, a playgroup for babies/toddlers, and programs for ages 4-9, 10-15, and 16-19 including after school, evenings, and trips out of town (gymnastics, swimming, skiing, homework support, warriors' program, culture and language, teen nights, technology programs).
- Develop a girl and women's group with activities such as survival skills and seafood gathering.

Goal 3: Our community has healthy and strong leadership.

a) Increase transparency and deliver services fairly and effectively to all Yuułuᑦ?iᑦ?ath citizens:

- Require leadership and administration to be available and present at community events.
- Ensure citizens living on treaty lands and urban members are treated equally.

b) Continue to advocate for better services:

- Engage with First Nations Health Authority, Vancouver Island Health Authority, and the provincial and federal governments.
- Support intertribal efforts around language, culture, and health.

Goal 4: Our citizens are safe.

a) Improve our homes and Nation's infrastructure to ensure they are healthy and sound:

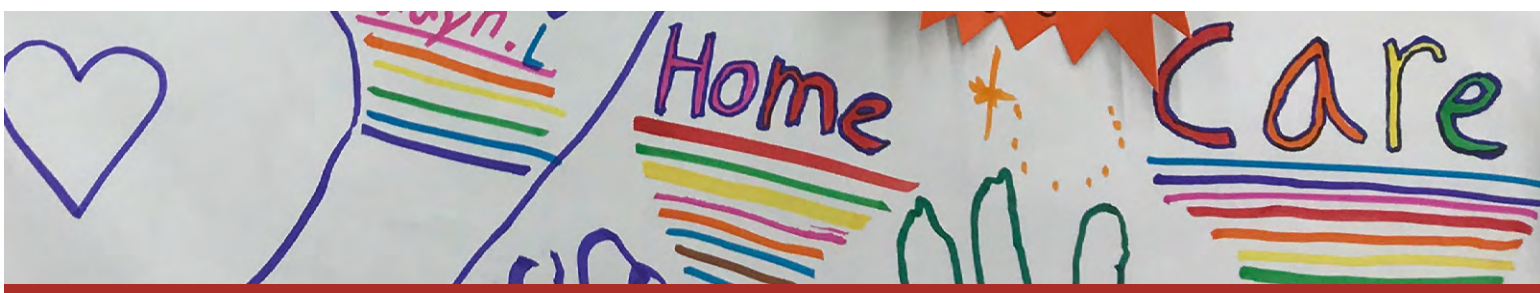
- Work with appropriate agencies to find solutions to infrastructure related health issues such as mould.
- Assess all infrastructure challenges and publish a quarterly report card and status for members to track progress.
- Provide workshops and education for our citizens to clarify roles and responsibilities in home maintenance. Provide home maintenance learning, home maintenance reminders, and bulletins.

b) Find resources and solutions for transportation needs of our citizens:

- Explore funding opportunities and partnerships to increase transportation options for citizens including shuttles, bus services, and water taxis.
- Provide transportations options for medical appointments and emergencies.

c) Increase monitoring and enforcement:

- Initiate and train a citizen safety patrol(s) group that can intervene as needed, monitor children's play areas, and walk with youth and children if needed.
- Ensure that there are places for children to play that are clean, safe, and free from bullying.
- Continue ongoing work in partnership with RCMP for enforcement around drugs in the community.
- Through our land code and land act, work towards animal control and dangerous dog bylaws, and work towards a partnership to provide enforcement (SPCA, RCMP, other).



Goal 5: We take care of our elders.

a) Ensure our elders have regular opportunities to connect with each other and the community:

- Create times and space for elders to share their teachings, values, and stories regularly with each other and the community especially with our children.
- Host regular lunches and dinners for elders organized with their input on menu and what content they might want including workshops, presentations, and facilitated discussions.
- Develop an elders' space that is home-like to regularly share meals, visit, play cards, and have movie nights.

b) Ensure our elders have the highest quality care and access to care:

- Create checks and balances to ensure our elders receive the highest quality care, including performance reviews for home supports, and an "elder care" status report card for the community.
- Provide additional support staff for elders' physical, mental, emotional, and spiritual care.
- Allocate community resources for regular elder transportation to medical appointments, shopping trips, and other basic needs to enhance quality of life and connection.
- Make elder visits a part of the regular work day. Allocate regular time and schedule for staff and leadership to visit and call elders at their homes to check-in.

c) Increase appropriate housing for elders:

- Create housing developments for elders that support connection and community amongst elders.

Goal 6: We are connected and we take care of each other.

a) Increase community gatherings where we can laugh, eat, and share culture:

- Continue bringing together our community with food, including community dinners, cooking together, bulk meal prep, canning, and preserving.
- Create space at gatherings such as community dinners to celebrate the accomplishments and hear the stories of our citizens and staff (recovery, healing journeys, growth, education, language); support opportunities for citizens to share their knowledge and skills (language, artists, harvesters, historians); and share good news and teachings about respect during these events.
- Hold regular fun family activities including family movies and family trips to Nanaimo (wave pool, etc).
- Hold regular fun community activities such as campfires, boat rides, and hikes into the territory.

b) Strengthen our connections as a community:

- Explore and develop effective processes for healing community relationships including sharing culture and language; learning and sharing family trees; supporting community activities; and providing workshops on interpersonal communication, lateral violence, conflict resolution.

c) Explore the possibilities to develop community gathering spaces:

- Provide comfortable community gathering space(s) that are inviting and homey. Explore the possibilities for a true community centre, an elders' centre, and a youth centre.
- Begin planning for a community library, computer centre, and archives to connect to history, culture, photos, and more.

d) Create more housing to accommodate our growing community:

- Create a housing strategy that addresses volume, sustainability, accessibility, and safety.
- Develop more housing for elders and parents and to welcome our members back home.

Goal 7: Our environment is clean for everyone to enjoy.

a) Ensure citizens are able to explore, play, learn from, and be nourished by the environment:

- Provide opportunities for families, children and youth, and all citizens to gather and learn about our territories through exploring trails and gathering wild foods.
- Host trail building and maintenance work bees for Hitacu Lake trail and other possible trails.
- Develop fundraising proposals and a planning committee for outdoor play spaces.
- Ensure citizens have regular access to healthy local foods such as locally harvested seafood and fruits and vegetables.
- Protect our safe water supply. Prepare interventions and mitigation strategies in case of contamination or disruption of supply.

Goal 8: We empower and support our citizens to reach their education and employment goals.

a) Increase educational opportunities for citizens:

- Conduct research towards a community school serving K-12 with a long-term vision of post-secondary.
- Find ways to support quality education that re-centers cultural education, culture based learning, language revitalization and being outdoors on the land.
- Provide materials, brochures, presentations, and career fairs in ways that encourage lifelong learning, including personal growth workshops (financial management, essential skills, parenting, communications, proposal writing); trades certification; and college tours to college and university accredited degree programs.

b) Increase employment and training opportunities for citizens:

- Develop strategies, opportunities, and partnerships that create sustainable employment opportunities and maintain a skilled workforce supporting our citizens and that bring home our educated citizens.



Webinar engagement

December 12th, 2018

The intention for this type of engagement was for urban citizens, those living away from home, and citizens that were unable to participate in other types of engagement sessions to offer their thoughts using an online platform. No one attended the webinar.

Survey one-on-one

January 15th

In the C̓ixwatin Center foyer we set up a 'chumas and chat' offering coffee, donuts, and muffins from Tim Hortons and posted the graphic recording posters

from our initial elder and children/youth engagement sessions on the walls. We used a survey that was developed with members of the administration team as a discussion framework to speak with Yuuḷuʔilʔath citizens and staff one-on-one while number of individuals filled out the hard copy surveys on their own during this time.

Survey online

January 15th - February 16th, 2019

The same survey that was used during the 'chumas and chat' was offered on-line through the platform Survey Monkey. A link to the survey was shared through the Nation's social media accounts.





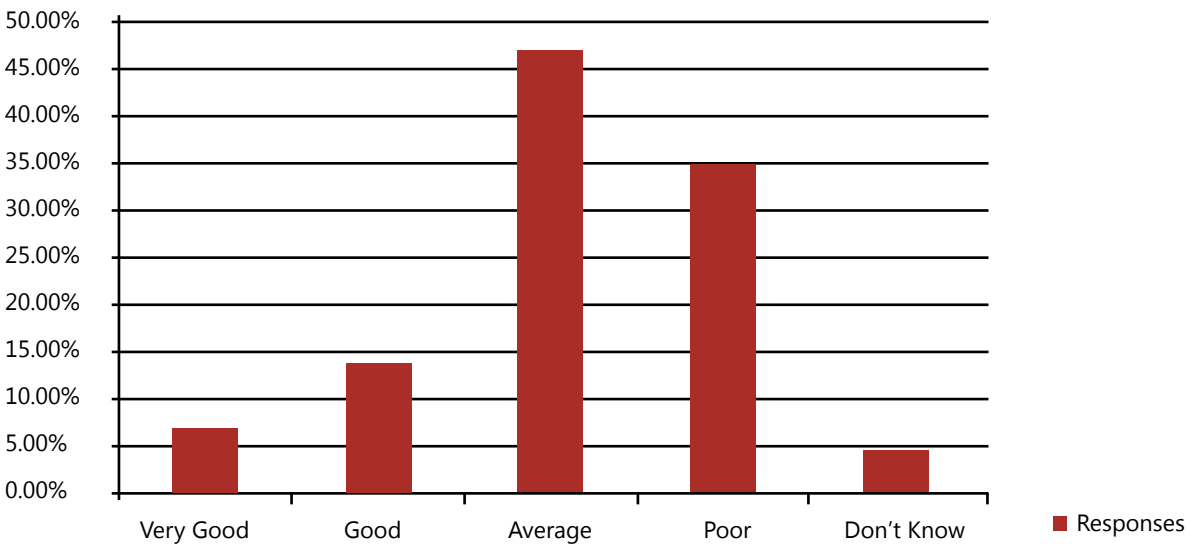
The 5 Year Community Health Strategy is the voice and ideas of the Yuułuʔiłʔatḥ citizens. We welcome the continued dialogue honouring the collective wisdom that will move us forward in a good way together. The successful implementation of this plan depends on every community member, staff and administration, and the elected and hereditary leadership working intentionally on the goals and objectives outlined along with recognizing the good work that is already

happening by individuals and administration that fit under these goals.

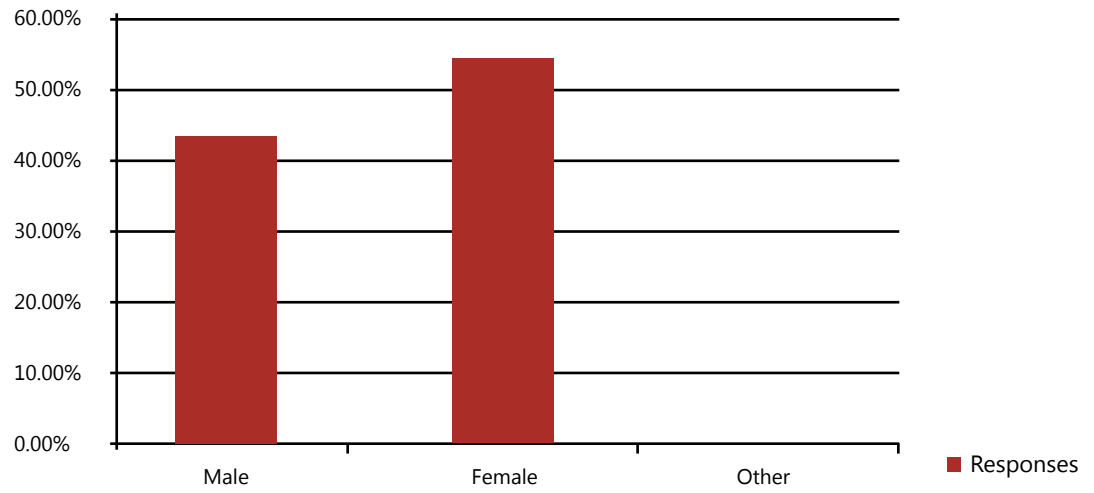
The progress on the 5 Year Community Health Strategy will be reviewed and reported on once a year to citizens, however, successes will be highlighted throughout the year. Upon the completion of the five years, the strategy should be revisited and revised through a process of community engagement.

Yuułuʔiłʔatḥ 5-YEAR HEALTH STRATEGY

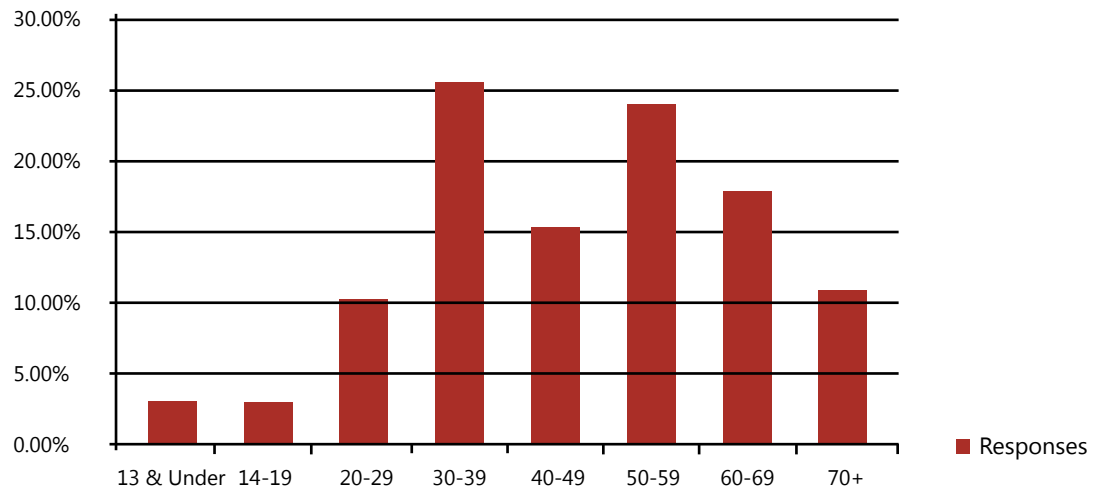
Overall, how would you rank the quality of life for Yuułuʔiłʔatḥ citizens?



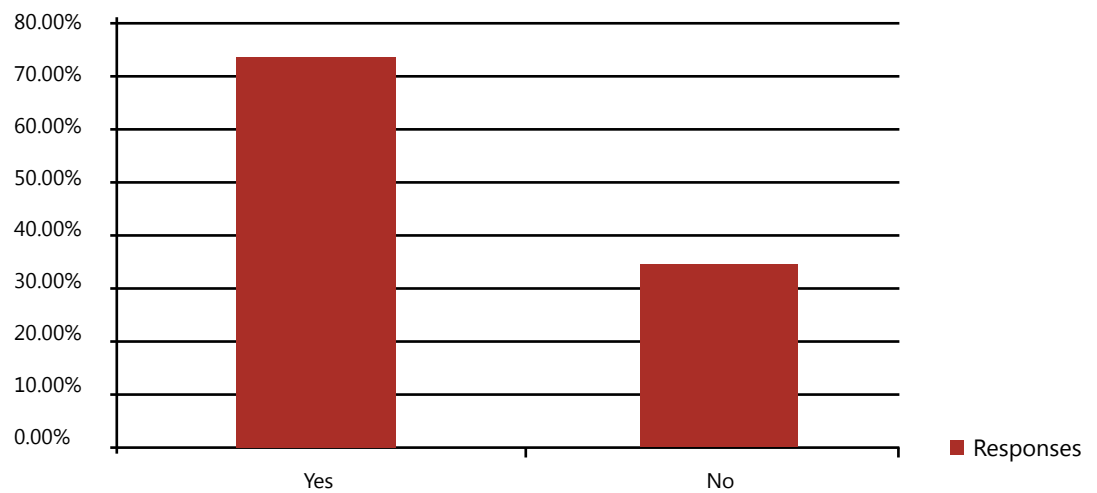
Gender



Age Category



Do you live on treaty settlement lands?





(sources: kwistup.net, firstvoices.com)



HEALTH & WELLNESS SERVICES DIRECTORY

The following are contact lists of important health and safety resources for both the community of Hitacu and for urban citizens for easy access. For more information on these services please contact the administration office.

*Health and wellness directory is subject to change the list is current as of May 2019.

Hitacu

WHAT	CONTACT	WHEN & WHERE
First Responder	911	
Yuulu?il?ath Indigenous Wellness Counsellor	Vacant 250-726-7342	
Yuulu?il?ath Government Mental Health	Deb Botting Alcohol & Drug Counsellor 250-726-8790	Sundays and Wednesdays
NTC Quu'asa	Ann Marshall 250-726-5370 Bev Dorward, Wellness Worker 250-725-3367	Mondays 11 am – 8 pm
NTC Counselling Support Teechuktl Mental Health	Vacant, Clinical Counsellors 250-725-3367 Central Region Coordinator Michael McCarthy 250-725-3367 Child and Youth Mental Health Counsellors Alyssa Fleishman & Danielle Serge 250-266-0497 Daye Cooper 250-726-3367	
NTC Community Health Nurse	Amanda Aspinall 250-726-7721	Hitacu Health Centre
NTC Home & Community Care Nurse	Deb Melvin 250-735-2622	Hitacu Health Centre
Grief and Loss Support	Pacific Rim Hospice Society Rep.	Thursdays 10 – 11:30 am
KUU-US Crisis Line	Adult/Elder 250-723-2040 Child/Youth 250-723-2040	24-hour crisis line

Urban Citizens - Victoria

WHAT	CONTACT	WHEN & WHERE
Our Place Community center working with poor, impoverished elderly, mentally and physically challenged, addicted and homeless	250-388-7112	919 Pandora Avenue
Hulitan Social Service Society Family preservation and reunification, parent support, cultural early learning, child and youth mental health, sexual abuse and intervention, supervised/supported access, aboriginal success by 6, out of care caregiver support.	250-384-9466	902A Caledonia Ave
Metis Community Services Family Group Conferencing Collaborative Practices, including Traditional Dispute Resolution Support; Cultural Support and Family Visitation and Cultural Programs	250-391-9924	345 Wale Rd.
Saanich Native Support Program Assistance with education about restorative justice practices, community and family conferences, youth programs, fundraising and court support.	250-544-1812	7449 West Saanich Rd.
Victoria Native Friendship Centre Food box program, housing referrals, counseling, access to medical advice and other referrals. The Family Services Team offers support and advocacy to those families involved or about to be involved with the Ministry of Children and Families.	250-384-3211	101-749 Pandora Ave
Cool Aide Society	250-383-1977	101-749 Pandora Ave
Aboriginal Liaison Nurses (ALNs) Advocate on your behalf		

Urban Citizens - Nanaimo

WHAT	CONTACT	WHEN & WHERE
Aboriginal Child and Youth Mental Health Individual and group therapy No referral required	Ph: 250-741-5709 Fax: 250-741-5749	301-190 Wallace Street Nanaimo, BC V9R 5B1 Walk-in intake from 9 am -12 noon, and 1 pm - 3 pm Wednesdays and Thursdays
New Hope Centre Emergency services and shelter	Ph: 250-714-1142 Fx: 250-753-8071	19 Nicol Street Nanaimo, BC
Nanaimo Aboriginal Centre Early childhood development	Ph: 250-754-3215 www.nanaimoaboriginalcentre.ca	
Family Services	Ph: 250-754-2621 Fax: 250-753-8071	19 Nicol Street Nanaimo, BC
Nanaimo Women's Centre	Ph: 250-753-0633 Fax: 250-753-9506	150 Wallace Street Nanaimo BC
Island Crisis Care Society Crisis counselling clinic, walk-in single session	Ph: 778-441-4227	#3-1200 Princess Royal Avenue Nanaimo, BC V9S 3Z7
Tillicum Lelum Aboriginal Friendship Centre	Ph: 250-753-6578	602 Haliburton
Aboriginal Liaison Nurses	Carol Nelson, RN carol.nelson@viha.ca Shannon Joyce, RN shannon.joyce@viha.ca c/o Tillicum Lelum Friendship Centre Cell: 250-741-4234 Ph: 250-753-6578	Nanaimo General Hospital
Safe Injection Site: Canadian Mental Health Association		437 Wesley Street 10:30 am to midnight, 7 days a week
Nuu-chah-nulth Non-Insured Mental Health Services Program For an extensive list of service providers please contact the administration office or NTC		

Urban Citizens - Campbell River

WHAT	CONTACT	WHEN & WHERE
Laichwiltach Family Life Society Offers holistic services	Audrey Wilson, Executive Director Ph: 250-286-3430 www.lfls.ca	441 4th Ave, Campbell River, BC
CR Women's Resource Centre	Ph: 250-287-3044	105-1116 Dogwood Street Campbell River, BC V9W 3A2
Aboriginal Liaison Nurses	Position is presently vacant Cell: 250-830-8865 Ph: 250-286-7100 Ext. 67305 Fax: 250-286-7177	Campbell River General Hospital
Aboriginal Health Program	Michelle McClain, Manager (Campbell River) 250-286-7100 Ext. 67304 Teliah Vollick, Aboriginal Liaison Nurse (Alert Bay) 250-974-8314 Vacant, Aboriginal Liaison Nurse (Campbell River) 250-830-8865 Kimberley Black, Dietitians (Campbell River) 250-286-7100 Ext. 67306 Laurel Anderson, Aboriginal Liaison Nurse (Comox) 250-650-5714 Lisa Greer, Nurse Practitioner (Port Hardy) 250-230-1100 Rebecca Olesen, Aboriginal Liaison Nurse (Port Hardy) 250-949-0340	
Safe Injection Site: Aids Vancouver Island		1371-C Cedar Street 9 am to 4 pm Mon. - Thurs. 11 am to 3 pm Friday (closed 12:15 pm to 1 pm), 11 am to 3 pm, Sat. and Sun.
Nuu-chah-nulth Non-Insured Mental Health Services Program For an extensive list of service providers please contact the administration office or NTC		

Urban Citizens - Port Alberni

WHAT	CONTACT	WHEN & WHERE
Safe Injection Site: Overdose Prevention Site	778-419-0016 pass-ops@shaw.ca	3699 3rd Avenue, 8 am to 4 pm, 7 days a week
Port Alberni Shelter Society		3699 3rd Avenue 8:30 am to 4:30 pm, 7 days a week
PAFC – Port Alberni Friendship Centre	250-723-8281	3555 4 th Avenue
ACAWS – Alberni Community & Women’s Services Society	250-724-7111	3082 3 rd Avenue
KUU-US Crisis Line	Adults/Elders 250-723-4050 Child/Youth 250-723-2040 Toll Free Line 1-800-588-8717	24 hour
Bread of Life	250-723-4049 portalbernibreadoflife@weebly.com	3130 3 rd Avenue
BC Mental Health and Addictions	250-731-1311	40 Rodger Street
Child and Youth Mental Health	250-720-2650	4088 8 th Avenue
Aboriginal Liaison Nurses	Vanessa Gallic, LPN Aboriginal Liaison Nurse Cell: 250-735-4319 Ph: 250-731-370 Ext. 48109 Fax: 250-731-1342 vanessa.gallic@viha.ca	Westcoast General Hospital
Sobering Center	778-419-2617 pasobering@shaw.ca	3628 5 th Avenue
Legal Aide	Marie 250-724-5137	5029 Argyle
Native Courtworker	Boyd Gallic 1-855-221-1179	
Quu’asa program	Kim Rai, Supervisor kim.rai@nuuchahnulth.org 250-724-3939	3483 3 rd Ave

Nuu-chah-nulth Child and Youth Services	Lynnette Lucas, Manager lynnette.lucas@nuuchahnulth.org Office: 250-724-0202	4000 Stamp Avenue
NTC Social Development Services	Linda Seitcher, Manager linda.seitcher@nuuchahnulth.org 250-724-5757	
NTC Nursing	Jeannette Watts, Manager jeannette.watts@nuuchahnulth.org 250-724-5757	
NTC Health Benefits	Robert Cluett NTC CHS HB Program Coordinator 250-724-5757 robert.cluett@nuuchahnulth.org Jolene Anker-Prest NTC HB Clerk jolene.anker@nuuchahnulth.org	
NETP (Nuu-chah-nulth Employment and Training Program)	Ph: 250-723-1331 netp@nuuchahnulth.org	4090 8th Avenue
Assertive Community Treatment (ACT) VIHA	250-720-9655	4780 Roger Street
Nuu-chah-nulth Non-Insured Mental Health Services Program For an extensive list of service providers please contact the administration office or NTC		

Urban Citizens - Vancouver

WHAT	CONTACT	WHEN & WHERE
Aboriginal Patient Navigator Program	Toll-free: 1-877-875-1131 Fax: 604-675-2552 info.aboriginalhealth@vch.ca	2750 East Hastings Street Vancouver, B.C.
Primary care (Regular medical care) Health care provider providing culturally safe care	Lu'ma Medical Centre 604-558-8822 Urban Native Youth Association 604-254-7732 Vancouver Native Health Society - 604-254-9949	
Child and Youth Aboriginal Mental Health Outreach	Ph: 604-688-0551 outreach@unya.bc.ca	550 Cambie Street
Waaban Housing for First Nations, Métis and Inuit Women	604-836-7280 and 778-877-7824 waaban@atira.bc.ca 1 pm - 3 pm	Staff available Monday-Saturday 8:30 am - 5 pm Drop-ins every Saturday
Vancouver Aboriginal Friendship Centre Society	Ph: 604-251-48441	607 E Hastings Street
Urban Native Youth Association	Ph: 604-254-7732	1618 E Hastings Street
Indian Residential School Survivor Society	604-985-4464 / 1-800-721-0066 www.irsss.ca	413 West Esplanade North Vancouver, B.C.
Vancouver Native Health Society	Ph: 604-254-9949 Fax: 604-254-9948 admin@vnhs.net	449 East Hastings Street Vancouver, BC V6A 1P5
Aboriginal Wellness Program	Ph: 604-675-2551 Fax: 604-675-2552 aboriginalwellnessprogram@vch.ca	2750 East Hastings Street Suite 288, Vancouver, BC Location is between Slocan and Renfrew (close to the PNE), above Shopper's Drug Mart
Safe Injection Site: Insite		139 East Hastings St.
Safe Injection Sites: Providence Health Care St. Paul's Hospital		1081 Burrard Street Vancouver
Safe Injection Sites: Powell St. Getaway		528 Powell Street Vancouver, BC
Nuu-chah-nulth Non-Insured Mental Health Services Program For an extensive list of service providers please contact the administration office or NTC		

Important Information & Phone Numbers

Name	Phone number
Emergency contacts	911
Fire	
Police	
Ambulance	
Other contacts	
Doctor	
Community Health Nurse	
Community Health Centre	
Counselor	
Health Link BC (health information and services)	811
KUU-US Crisis Line (24 hours)	1-800-588-8717



Yuutu?it?ath

Cixwatin Centre

Telephone: 250-726-7342

Toll-free: 1-877-726-7342

Fax: 250-726-7552

Physical:

Yuutu?it?ath Government –

Ucluelet First Nation

Cixwatin Centre

700 Wya Road

Hitacu, BC V0R 3A0

Mailing:

Yuutu?it?ath Government –

Ucluelet First Nation

PO Box 699

Ucluelet, BC V0R 3A0

Hikstiis Hupii?ut -

Port Alberni Satellite Office

Telephone: 250-724-1832

Ext. 222

Physical:

5251 Argyle St.

Port Alberni, BC V9Y 1V1

www.ufn.ca