



# DENISIQI SERVICES SOCIETY

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## NEWSLETTER

December 2013



*Join us for our Annual Christmas Open House:*

*Lunch will  
be provided*

*December 12, 2013 from*

*12:00pm to 3:30pm*

*Entertainment*



### Delegated Services Program

The Voluntary Services team has been busy working on assessing prospective foster home applicants as well as assisting MCFD on assessing Extended Family Program caregiver applicants.

We are preparing for our first Voluntary Services Audit, which will occur on Dec 20<sup>th</sup>. The purpose of the audit is to assess whether or not Denisiqi's Voluntary Services program is meeting legislative (CFCSA) and policy (AOPSI and Denisiqi) requirements. Once we have completed the Voluntary Services audit, we will then be eligible to submit the Operational Readiness Criteria for Guardianship Services.

Guardianship Services will allow Denisiqi to take on the parental responsibilities for children who have been removed on reserve and are in the permanent care of the director until they turn 19 years old. We are anticipating on taking the parenting responsibilities to approximately 17 foster children as of April 1<sup>st</sup> 2014 (tentative date set).

Denisiqi is always looking for foster caregiver homes; feel free to apply to become a Denisiqi foster parent ensuring Tsilhqot'in and Ulkatchot'en children do not leave their communities.

*Nadine Adam, Delegated Services Supervisor*

A substantial part of our work in the Social Work department are the home studies we are conducting for prospective foster parents. In this process we learn a lot about people and their history and I always feel honoured when people share their stories with me.

All the information is confidential and handled with care and it's inspiring to hear the obstacles the applicants had to overcome in their lives. We are all on our individual journeys, faced with unique challenges and opportunities to grow.

The thing that really sticks out for me when talking to people, especially when they were in foster care themselves when they were children, is how much of a difference a good foster home has made in their lives. Aside from feeling nurtured and cared for, they could also see the light at the end of the tunnel; that things could be different for them, especially if children have been around a lot of abuse. A supportive and loving foster home can make all the difference to a child, so we are hoping for people in the communities to step forward and approach us if they are interested in becoming foster parents, or a foster mom or foster dad.

*Carmen Mutschele, Voluntary Services Social Worker*

Da Who Jaa (How are you?)

It has been a very busy fall for us in the Delegated Services department of Denisiqi. I've been spending most of my time doing the SAFE home study process with Prospective Foster Parents in the communities served. If there are any interests, please don't hesitate to give us a call. It will be time consuming but well worth it once approved to foster our own children. At this time I wish all of you a very merry Christmas and a Happy 2014 Year.

*Brenda Cahoose, BSW*

## Aboriginal Child & Youth Health & Wellness Team

Happy Winter! The Aboriginal Child & Youth Mental Health and Wellness Program has had a very busy fall and winter so far. We continue to offer individual counselling sessions to children and youth under the age of 19 who are having a difficult time maintaining balance in their lives. We support them by establishing therapeutic goals, defining a Wellness Plan, increasing their family and social supports, and incorporating cultural practices in their lives. This holistic approach works very well, as it allows us to meet with our clients from a strength-based perspective rather than by focusing on what is “wrong” or not working for them. This fall I began working out of the high schools as a way to increase access to mental health counselling for young clients. This has been a great success, with an average of 7 to 10 clients seeing me each week. Elementary-aged students continue to meet with me at Denisiqi, and their parents and caregivers play a crucial role in getting them to their sessions. They recognize the importance of supporting this part of their children’s health, and are willing to take them out of school for brief times to encourage a different kind of learning.

Debora Trampleasure, Jessica Doerner, and I also offer the Strengthening the Circle workshop. This workshop is based on attachment theory, traditional parenting, and the importance of cultural foundation. We have offered it a few times here at Denisiqi, and have recently begun travelling to the communities to facilitate it there. This program has been very well-received, and participants appreciate its open, accepting approach to dealing with personal and family stress, challenges, and barriers.

Another one of the services we offer is community capacity-building. We offer numerous workshops at Denisiqi and in the communities we serve. Examples of workshops we offer include Applied Suicide Intervention Skills Training (ASIST), An Introduction to Children’s Mental Health, The Impact of Stress & Trauma on Children, and a Circle of Courage introduction. In addition, each member of our team belongs to at least one community “team,” enabling us to build relationships and share opportunities for learning with other community members and groups.

We look forward to sharing the holiday season with our families, and hope that you are able to do the same. Nothing is more valuable or meaningful than sharing our time with those we care for. Please remember that the way to spell “Love” to a child is “T.I.M.E.”

*Kendra Rogers-Calabrese*  
*Aboriginal Development Clinician*

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Greetings to all in this Winter Season,

Wellness Coordination this past summer and fall has been filled with activities, support, networking, capacity building and plenty of coordination. During the summer I participated

in the Culture Camps and All Nations Gathering with “Family Focused Activities,” engaging children and families through supporting the value of playtime with our children.

The school year was off to a strong start with the Blanket Exercise, which was offered to community partners including the RCMP, MCFD, Interior Health, and the Boys and Girls Club. Designed by Kairos Society and delivered by Sandra Hayes-Gardiner and Nancy Sandy, this exercise shares moments in history from pre-colonization to present, around 1<sup>st</sup> Nations Peoples and the land. The blankets represent the land and all participants represent the 1<sup>st</sup> Peoples. As colonization and legislation progressed, the blankets became smaller and smaller. We would like to offer a special thank you to both of them again for sharing their workshop with us.

At the end of September the Aboriginal Child and Youth Team offered a three day “Strengthening the Circle” workshop to a full group from various bands. Our clinicians facilitate this valuable workshop based on the theories of attachment, mental health and wellness, and cultural strength. This workshop was also delivered in Xeni Gwet’in and Tl’etingox-t’in. An invitation to neighbouring communities, Toosey and Yunesit’in’ was extended as well. Thanks to all the participants and the key workers that helped to organize, cook, and facilitate our time in your communities.

Coming into the fall brought back the West Integrated Team meetings that focus on the mental health and wellness of children, youth, and families. This meeting brings together community-based service providers, principals from the 7 communities that we serve, and some of our community partners here in Williams Lake. There are so many benefits to having this “coming together” of people working in the communities. We have augmented those benefits by adding an optional capacity building session after the meeting. These valuable two hour training sessions add to skills and discussion, leading to new ideas and invigorated workers. We are very proud of the collaboration with some of the community Elders who have brought their wisdom to this circle. This, of course, passes on to the clients of the people we serve; the community members.

I work closely with the ACYMH clinicians by doing the referral screening and support, facilitating and advocating for clients on our case load, building relationships with other community workers, and increasing clients’ support networks. It has been a great year and good foundations have been established. 2014 is expected to build and strengthen what we have in unity and collaboration. Happy Winter Solstice to you all and I wish you the warmest holiday season and a Happy New Year.

*Jessica Doerner –Rural Aboriginal Wellness Coordinator*

## Aboriginal Family Group Conferencing

Well, winter is upon us and I think it's going to be a cold one.

We began this quarter in the month of October with preparations for the planning of our organizations Strategic Planning which took place in Kamloops BC, November 6th-8<sup>th</sup> and through the process many of the organizations programs have been given new life and direction to better serve our communities.

In October 2013, the AFGC steering committee met and discussed old and new referrals. One of our goals for the committee this quarter has been to strengthen our partnership within Cariboo agencies and begin to identify, extend and strengthen partnerships with community members, professionals and Chief and Council.

The AFGC program has evolved its focus to include more "on site" AFGC Family meetings to better serve community

members. This has been a very successful method of including many family members, community members and council members in the AFGC process. The AFGCs are held at Denisiqi, but preference will be given to community AFGCs if appropriate for clients and family.

Incorporating more Aboriginal culture and traditions into the pre and post AFGC process is something that will be explored and implemented in the very near future. This could include an optional traditional Sweat lodge ceremony for families and more traditional parenting programs for post/follow up AFGC process.

Happy Holidays  
Kerry Chelsea, AFGC Coordinator

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## Restoring Balance Program

Happy December everyone, I pray for safety and comfort for everyone during this family holiday season. Over the last 7 weeks I have been running the Restoring Balance Program with 7 participants. The group is now into the 8<sup>th</sup> week and we are looking forward to celebrating the completion.

This was the first program I've done in my position as a Restoring Balance Coordinator. Over the 8 weeks we covered:

- ❖ The medicine wheel and maintaining balance
- ❖ Intergenerational trauma, personal trauma and life lines
- ❖ Communication
- ❖ Healthy relationships
- ❖ Self-care
- ❖ Anger
- ❖ Dealing with conflict
- ❖ ASIST Training
- ❖ Stress
- ❖ Boundaries
- ❖ Crafts
- ❖ Budgeting

We also had a few guest speakers and we completely enjoyed those presentations.

I am required to run several of these sessions throughout the year and I have some ideas as to how they will be put together. My program serves the 6 Tsilhqot'in communities and Ulkatcho. I can run shorter versions of the program in each community as per request.

I am able to present many different kinds of life-skills programs for different groups of people. For instance, the need for fatherhood programs are huge and I have some ideas but if a community has a specific request for something

like this we can get together and plan the program for your community.

Please feel free to give me a call @ 250 392-6500 ext. 239 or email me at [marilyn@denisiqi.org](mailto:marilyn@denisiqi.org).

Sechanalyagh



## Family Support Workers Program

### Hunelht'ih nexwelh xi gwežlin

Winter is upon us and I hope everyone has their supply of wood to keep warm. We had a snowfall on November 15, 2013 and it cause a lot of havoc. I had First Aid that day at TRU and the roads were not plowed for drivers that had to be in town at a specific time. But I made it to my First Aid course on time.

On November 7 and 8, 2013 Denisiqi Staff had their Strategic Planning in Kamloops at South Thompson Inn Guest Ranch & Conference Centre. That was nice to be treated well with fantastic food and service.

Facilitators were Carden Consulting from North Vancouver. The Strategic Planning was presented by Laara Mixon and her assistant Tawney. Facilitators were great and had us all very involved with the strategic planning. We were all allowed to participate and have our voices heard. That is very important for individuals to be involved with the planning and having input in the sessions. That allows people to feel their input is important. Once the final report is received we will set a follow-up meeting with Board and Staff to review.

It was nice to have the Board members from the communities attend; their input in the Strategic Planning was valuable. Thank you Leslie Stump-President, (Tl'etingox), Agnes Haller (Yunesit'in), David Stieman (Tl'esqox), Marvin Alexander (?Esdilagh), and Corrie Peeman, (Ulkatcho) for taking the time to attend the Strategic Planning.

**Denisiqi Service Society will be hosting an Open House on December 12, 2013 starting at 12:00 pm to 3:30pm.**

Denisiqi Staff attended the Residential Schools Truth and Reconciliation event in Vancouver BC September 20<sup>th</sup> to September 22, 2013 and went on the Walk for Reconciliation on September 22, 2013. Doctor Bernice A. King, daughter of Dr. Martin Luther King Jr. was the keynote speaker at the Walk for Reconciliation.

*Wishing everyone a Merry Christmas  
& Happy New Year*

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**If you have Child Protection concerns they must be reported to all MCFD at 250-398-4220 or after hours call 310-1234**

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### **Are you interested in becoming a Care Home Provider for Aboriginal Children in Care?**

Denisiqi Services Society Voluntary Services team is seeking Caregivers to care for our children in care and to keep them within their own Aboriginal communities.

If you are interested and would like more information please call Nadine Adam, Voluntary Services Supervisor at 250-392-6500 ext. 225.



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## Nun Yaz Daycare

We are happy to announce that Nun Yaz Daycare will be re-opening its' doors. Chanel Wynja has been hired in the position of ECE and hopes to have Nun Yaz up and running early in the new year.

Although all the seats are full Nun Yaz has seats for 8 children 30 months (2 1/2 years) to 5 years old (school age). Nun Yaz is open to all and offers language, culture and kindergarten readiness as well as circle, indoor and outdoor play activities to develop fine/large motor skills.

Nun Yaz is subsidized by the Childcare Operative funding program.

To put your child on the waitlist or if you have any questions please call 250- 392-6500 ext 241.

## Aboriginal Infant Development Program & Aboriginal Supported Child Development

During the Fall/Winter, we (Stella, AIDP/Trudy, ASCD) have travelled to the Chilcotin communities and Ulkatcho for Preschool Circus. We are collaborating with other professionals to ensure that each Community Preschool Circus is a success.

The importance of Preschool Circus is it's a stepping stone tool that ensures each child is successful with their everyday learning. The Preschool Circus has many different stations that measure each child's growth and development in the areas of Communication, Gross Motor, Fine Motor, and Personal / Social Development. We also have Speech / Language Pathologist who works with communication language, AIDP / ASCD who does ASQ Questionnaire, Audiologist who checks children's hearing, and Dental/Eye Vision Checks. Preschool Circus is vital especially in the early years because when all the professionals who come together work with a child, we address the child's overall needs to help him/her with being successful with their developmental strengths. We consult with Daycare or Head Start workers with suggestions of what they can implement into their program that will teach each child to become self-reliant learners.

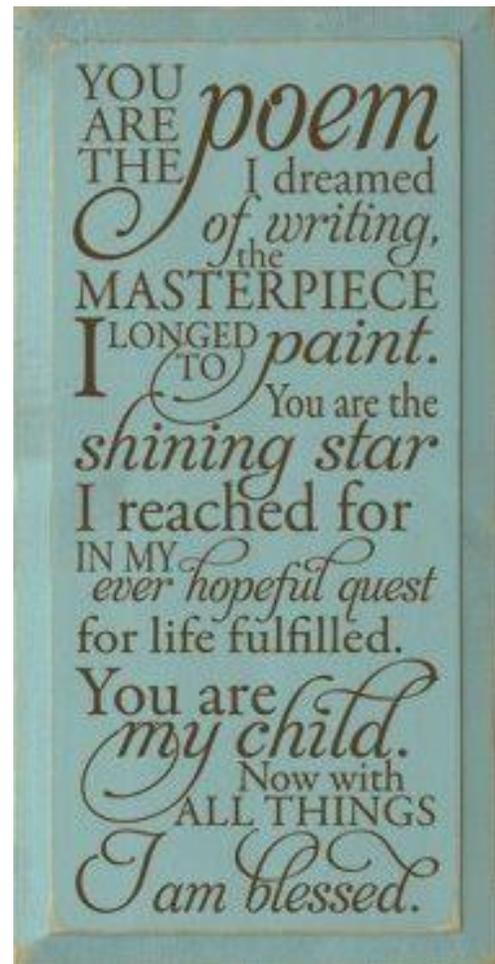
In closing, I just wanted to share a success story. I am proud of all the children and their families that we work with, they inspire us in the field of work that we do. With their hard work, we noticed developmental improvements from previous Preschool Circus in 2012 to Preschool Circus in 2013. The success comes from children utilizing and attending the Head Start and Daycare Programs by improving their communicative, personal, social, gross motor, fine motor, areas. Thank you to the Head Start Workers and Daycare workers for all your dedication of hard work and for allowing us to support you in any way we can so each child has opportunities to learn. Hope to see all you parents at our next Preschool Circus or at the Head Start or Daycare. We will be at Anaham Health Building for Preschool Circus 2013 Thursday December 5 2013 from 10 AM to 3PM. So please bring your toddlers and children from 2 months to 5 years old to attend Preschool Circus and join in the fun with children/adult interaction time.

*Trudy Stump, ASCD*

Well it has been a busy fall. I have been out in the communities, lots of travelling. Setup a lot of Preschool Circuses in the communities. Preschool circus could not happen without the help from the Headstart programs, community nurses and frontline workers. The Speech and Language pathologist from Interior Health, Hearing, Lift the lip, and PALS program attended the Preschool circus. In October attended the BC Aboriginal Childcare Society conference in Vancouver. Workshops presented to help us to use the tools or ideas to better support our children and families in the community, also to forward some of these ideas and tools to support workers in the education field. Trudy and I have started teaching basic sign language from a book "Signing for Kids". It is a fully illustrated book and fun for us and the children to learn some signing in some of head start programs in the communities. It is wonderful to see how easily children pick up on signing.

May everyone have a safe and happy holiday.

*Stella Stump ECE, AIDP*



## Administration Team

What a year! Someone informed me the other day that there was only 27 shopping days left until Christmas. By the time the Denisiqi newsletter is released, I expect it will be down to 20 days! This would normally stress me out because I am one of those guys who always says to himself that I am going to get an early start on my shopping and I never do. The challenge of waiting so long is also complicated by the fact that I always felt that I had to show my appreciation to a large number of people, the "sanitation engineer", the "mail lady" by gifting them some small token at Christmas, with never leaving anyone out. At this point, I am sure that anyone reading this is wondering what does this have to do with Denisiqi?

My message this year is really one of appreciation. Finding a way to gift a family a \$25.00 gift card does not seem like a big deal in my world. To have this event greeted with tears of thanks is an embarrassing and humbling experience. It seems easy for most people to show appreciation for tangible items that they can actually put their hands on. I believe it is difficult for many of us to show or demonstrate appreciation for those things we can't feel and touch. A sad reality of working for Denisiqi is that many families needing access to our programs and services are "have not" families from "have not" communities. It is not too difficult to compose a list of what our communities do not have. I would like to enter the holidays thinking about "haves" and not "have nots"!

Generosity of spirit and generosity of resources seems to be the community norm in the Chilcotin. Families and community coming together in times of crisis, people with nothing digging out their last twenty to give to someone who has less than nothing, the ability to forgive, the strong sense of family, the connection to the land, respect for Elders, the list goes on and on. These are all qualities that I get to see on a daily basis in my work. In fact, these qualities are so "normalized" that I would suggest that most of us do not acknowledge or appreciate these behaviours.

My Christmas message is a little different this year than it has been in the past. My hope is that everyone who actually reads this takes a moment this Christmas season to acknowledge and express some degree of appreciation to someone who may be taken for granted. I personally want to acknowledge the Denisiqi staff and the Board of Directors for the success we have had as a group in moving Denisiqi forward and doing a fantastic job with the resources we have.

I wish everyone a Merry Christmas and I hope it is filled with warmth, family and community for all.

Dwayne Emerson, Executive Director

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Greetings, everyone! Hope everyone is coping with this change in season, preparing for winter, and being careful in this cold weather. I have to remind myself to allow extra time to my schedule, as it takes me few minutes longer to travel to work due to road conditions.

As I prepare to write this report, I think about the challenges and celebrations we had since I began work here in September, 2009. Our organization faced many changes in personnel, funding, and restructuring of departments, not only within Denisiqi, but also with funding agencies that we deal with. The majority of our funding comes from Province of BC, and Aboriginal Affairs and Northern Development Canada (AANDC). We continue to closely monitor programs, and hold regular management meetings, which helps us to remain focused.

I have been busy the past few months. In September, the auditor, Ron Rasmussen, presented another positive audit for 2012-2013 at the Annual General Meeting. I finished my part time job at Tl'etinqox-t'in Government Office, and started work full time here.

For October, the 2013-2014 budgets were presented and approved. We also had a two day Administration Planning session at our office, where we reviewed programs, services, policies, and procedures. In the beginning of November, we attended a two day strategic planning session in Kamloops.

In closing, best wishes for a great holiday, and the New Year!

*Faye Chelsea, Finance Manager*

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I began working full time at Denisiqi as a File Clerk on February 4, 2013.

My job is to maintain the administrative / operational files for Denisiqi, and the Prevention and Support, and the Voluntary Support Program files. I also maintain the client files for Nun Yaz Daycare, Restoring Balance, AIDP, ASCD, children and families, foster parents, and other miscellaneous client files. I am also reorganizing the Resource Library.

*Francy Elkins, File Clerk*

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The last couple of months have been very busy here at Denisiqi. Since we became C3 delegated there has been a marked increase in activity here at the office.

The staff strives to provide the communities and people with programs that are best suited to their needs and I am proud to work alongside all of them.

Along with the Voluntary Services team, we are working on preparing for our next level of delegation which is C4 – Guardianship, and also getting ready for our C3 audit.

We are in the process of updating our website; it will have a new look and be easier to update. Hopefully it will be ready to go within the next couple of weeks.

*Merry Christmas to all and  
Best Wishes for the New Year*

*Elaine Yablonski, Admin Assistant*

## [A New Way Forward: September 22, 2013](#)

### [Dr. Bernice A. King's speech:](#)

Reconciliation is a long journey and we have only just begun.

At the Walk for Reconciliation on September 22, 2013, 70,000 people demonstrated their desire to weave a stronger and more vibrant social fabric, based on the unique and diverse strengths of Canadians and their communities.

Dr. Bernice King during her keynote address at the Walk for Reconciliation noted “That struggle is a never-ending process. Freedom is never really won. You earn it and you win it in every generation. There must be persistent, consistent determination to see a new Canada where all people are respected and included in the culture, the economic climate, in the forward moving process.”

We must move forward...together.

Our vision is to promote an environment that fosters right relations and equal opportunities for Aboriginal peoples and all Canadians to achieve their optimum potential.

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### Activities

September 05, 2013 – Denisiqi Annual General Meeting

September 25 – 26, 2013 – Strengthening the Circle - Denisiqi

October 01, 2013 – Preschool Circus – Ulkatcho

October 16-17, 2013 – Strengthening the Circle – Xenit Gwet'in

October 21, 2013 - Promoting Mental Wellness in Children - The Effects of Childhood Trauma – at Denisiqi through a partnership between Tl'etinqox Mental Health and Wellness and the Aboriginal Child and Youth Mental Health and Wellness Program

November 18, 2013 – Preschool Circus – Yunisit'in

November 21, 2013 – Coping With Stress – Tl'etinqox-t'in

November 28-29, 2013 – ASIST Training - Denisiqi

#### *Upcoming Activities:*

December 11, 2013 – Family Support Workers meeting at Denisiqi Service Society at 10am

December 12, 2013 – Denisiqi Service Society Annual Open House 12 am to 3:30pm

December 19, 2013 – Board and Joint Advisory Committee meeting at Denisiqi

December 22, 2013 – January 05, 2014 office close for holidays

January 06, 2014 – Denisiqi Services Society office opens

January 15, 2014 – Tsilhqot'in Winter Gathering – partnership between Denisiqi Aboriginal Child & Youth Mental Health and Wellness and Alexis Creek Victims Services

January 2013 – Child and Youth Mental Health Collaborative Meeting – Denisiqi

**Children** will not  
remember you for the material  
things you provided  
but for the feeling  
that you **cherished** them.  
~Richard L. Evans



## Family Support Workers Contact Information

Joyce Quilt,  
FSW/Social Development Worker  
Xeni Gwet'in First Nations  
Phone: 250-394-7023

Dorothy Myers,  
Family Support Worker  
Yunesit'in Government (Stone)  
Phone: 250-394-4295

Shirley Johnny,  
Family Support Worker  
TI'esqox (Toosey Indian Band)  
Phone: 250-659-5655

Alice Johnny,  
Family Support Worker  
Alexis Creek First (Tsi Deldel)  
Phone: 250-481-3335

Graylin Johnny-Jobin,  
FSW/Social Development Worker &  
Dorothy Alphonse,  
FSW/Social Development Worker  
TI'etingox-t'in Government Office  
(Anaham)  
Phone: 250-394-4212

TBA,  
Family Support Worker  
Ulkatcho First Nation  
Phone: 250-742-3260

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- Marilyn Charleyboy, Restoring Balance Program Coordinator  
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