



QI Power Hour

Answering the Call to Métis Wellness in Saskatchewan

With Tanya Pruden & Tegan Brock

TREATY 6 TERRITORY & HOMELAND OF THE METIS

HQC is situated on Treaty 6 Territory and the Homeland of the Métis.

We pay respect to the treaties that were made on this land and acknowledge the harms and mistakes of the past. We are committed to move forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.



Access past QI Power Hour sessions

Past QI Power Hour webinars (with download links)

Health Networks in
Saskatchewan (QI Power
Hour)

Nov 15, 2019 at 9:30 AM



Citizen Science in Public
Health Policy: Leveraging the
Power of Ubiquitous Tools

Oct 25, 2019 at 9:30 AM



The Costs of Poverty to
Saskatchewan: Why Do They
Matter and How Do We
Calculate Them? (QI Power
Hour)

Sep 6, 2019 at 9:30 AM



[Visit our website to view past sessions!](#)



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Receive notices about upcoming sessions and details on how to register straight to your in your inbox.



Visit: bit.ly/hqc_subscribe

QI Power Hour Across Saskatchewan



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Making lives better



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Kids Rehabilitation Hospital



Alberta Health
Services



uOttawa



MISERICORDIA
Health Centre
The future of care



THERAPEUTICS
INITIATIVE
Evidence based Drug Therapy

CADTH
Evidence Driven.



Gateway Comm
Health Centre
Every One Matters.



BRITISH
COLUMBIA

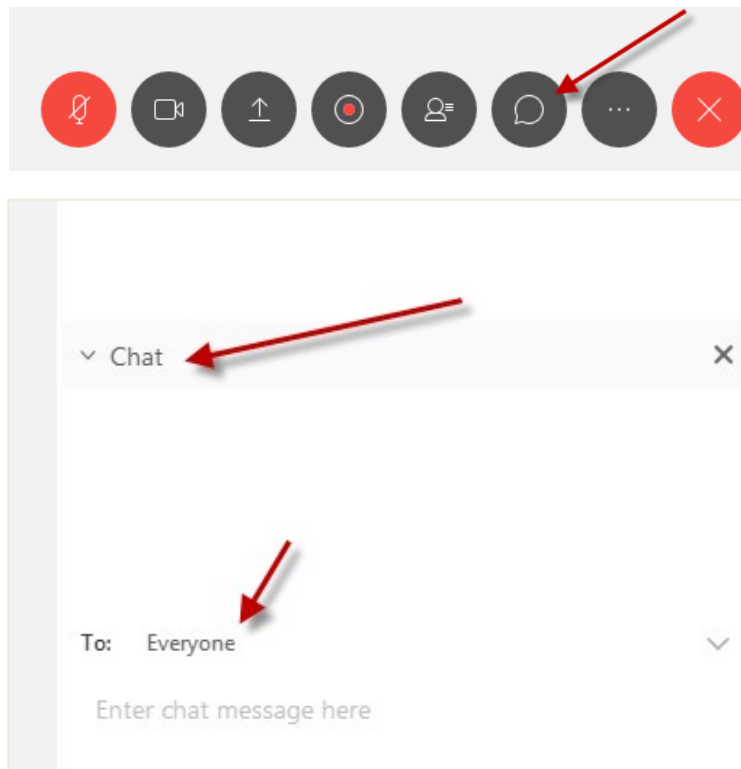
QI Power Hour Across the World



Webex tool: chat function

Chat functions:

- Share [questions](#), [comments](#), and [ideas](#)
- Click on the message bubble icon to access the chat
- Send to [Everyone](#)





QI Power Hour

Answering the Call to Métis
Wellness in Saskatchewan

With Tanya Pruden & Tegan Brock

Responding to Wiichihew (Support): Answering the Call to Métis Wellness in Saskatchewan

QI Power Hour

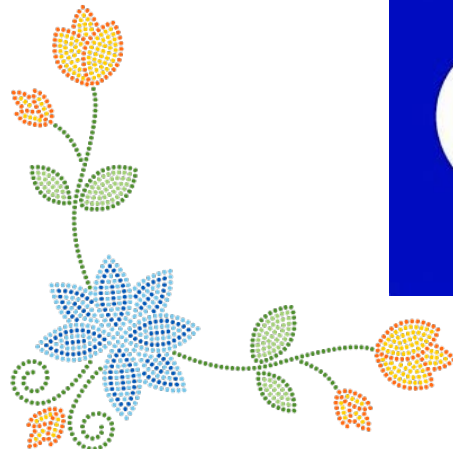
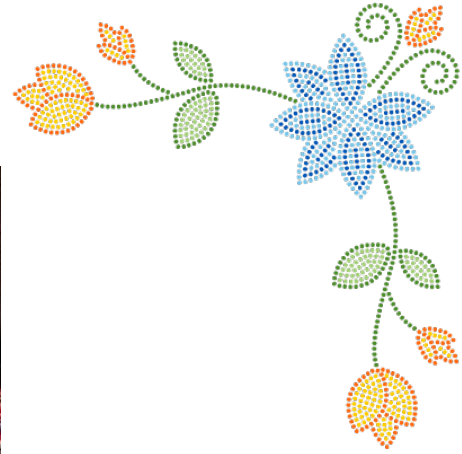
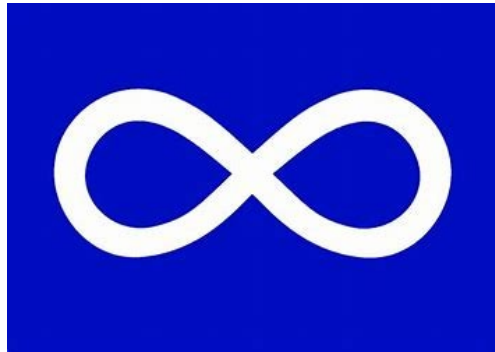
Tanya Pruden – Director of Health

Tegan Brock – Health Research & Data Manager

July 28th, 2023



Who Are the Métis?



Who Are the Métis?

- 1 of 3 Indigenous Peoples of Canada
- Unique culture, language, identity and ways of life
- Formal relationship with Canada
- Reconciliation

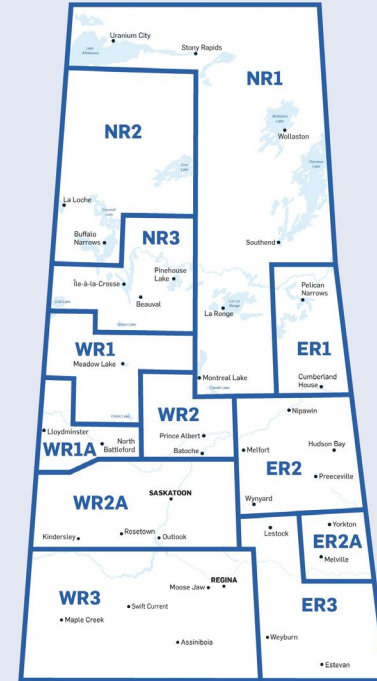


Métis Nation—Saskatchewan

- Indigenous government representing Métis citizens in Saskatchewan
- 12 Regions with 12 Regional Representatives
- 120 legislative members & local community leadership
- Métis Nation Legislative Assembly enacts legislation, regulations to govern the affairs of MN—S

MÉTIS NATION—SASKATCHEWAN

Executive & Regional Directors



MN-S EXECUTIVE

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Glen McCallum

Vice President
Michelle LeClair

Provincial Secretary
Lisa McCallum

MN-S REGIONAL DIRECTORS

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Mervin 'Tex' Bouvier

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Billy Kennedy

Western Region 2 – WR2
Sherry McLennan

Western Region 2A – WR2A
Kathie Pruden Nansel

Western Region 3 – WR3
Wendy Gervais

metisnationsk.com





Métis Definition of Health

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. It is a state of balance and interconnected relationships between physical, mental, emotional, social, financial/economic, spiritual, environmental, and cultural well-being. And it is the extent to which Métis people, families, or communities can achieve individual or collective well-being now and for future generations.

Métis Social Determinants of Health

- Income and social status
- Poverty
- Housing
- Race/racism
- Colonialism
- Employment and working conditions
- Education and literacy
- Childhood experiences
- Physical environments
- Environment and climate change
- Social supports and coping skills
- Healthy behaviours
- Access to health services
- Biology and genetic endowment
- Gender diversity
- Culture
- Relationship to animals, land and waters





MN—S Vision of Health

Métis Nation-Saskatchewan is a healthy, self-sustaining, sovereign nation that is rooted in Métis culture, language, values, and community. Our government will act in solidarity to protect and advance our traditional homeland and the rights of our citizens under Section 35.



MN—S Health & Wellness Priorities

Fourteen Priorities Identified by Métis Communities

1. Extended Health Benefits	8. Strengthening Métis Nation Cultural Supports and Traditional Well-being Programming
2. Mental Health and Substance Use Supports	9. Expanding Virtual Health Opportunities
3. Community Based, Long Term Care and Palliative (Hospice) Care	10. Métis Research, Needs Assessment and Evaluation
4. Building Meaningful, Collaborative Relationships	11. Building Culturally Competent Health Systems
5. Comprehensive Community Health Centres	12. Pre- and Post-Natal Care
6. Increased Métis Health Human Resources	13. Culturally relevant sexual health and reproductive care
7. Healthy Living, Disease Prevention & Health Promotion	14. Climate Change impact on Health



Towards Health Equity



A Distinctions-Based Approach




Current Initiatives

Métis Nation-Saskatchewan Health Travel Programs

Métis Nation-Saskatchewan Dialysis Transportation Pilot Program

Métis Nation-Saskatchewan is launching the dialysis transportation pilot program to offer financial assistance to registered Métis patients, or immediate family members, travelling for kidney dialysis appointments.



ELIGIBILITY:

- Must live in Saskatchewan
- Must be a registered Métis citizen of MNS or an immediate family member of a registered Métis citizen
- Open to all ages. If under 18, also must be accompanied by a parent(s)
- In need of transportation to and from dialysis-related appointments
- Must have been seen by an operational vehicle
- Must have a driver with a valid driver's license
- Must provide appointment confirmation with the medical clinic providing dialysis treatment

HEALTHY FOOD ASSISTANCE: \$100 per week

MORE INFORMATION ONLINE:
metisnationsk.com/dialysis-transportation

Health of the Nation
 Miysamashchikhoiwis daaw nraayoon
 metisnationsk.ca

Dialysis Travel Program

Métis Nation-Saskatchewan Cancer Transportation Pilot Program

Métis Nation-Saskatchewan is launching a cancer transportation pilot program to offer financial assistance to registered Métis citizens traveling to and from cancer-related appointments.



ELIGIBILITY:

- Must live in Saskatchewan
- Must be a registered Métis citizen of MNS or an immediate family member of a registered Métis citizen
- Open to all ages. Under 18, also must be accompanied by a parent(s)
- In need of transportation to and from cancer-related appointments
- Must have been seen by an operational vehicle
- Must have a driver with a valid driver's license
- A full family or friends list for the appointment
- Must provide appointment confirmation with the cancer clinic

HEALTHY FOOD ASSISTANCE: \$100 per week

MORE INFORMATION ONLINE:
metisnationsk.com/cancer-transportation

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Cancer Travel Program

Métis Nation-Saskatchewan Medical Travel and Accommodation Pilot Program

Métis Nation-Saskatchewan is offering financial support for Métis citizens, and immediate family members, requiring travel to medical appointments outside their home communities.



ELIGIBILITY:

- Must live in Saskatchewan
- Must be a registered Métis citizen of MNS or an immediate family member of a registered Métis citizen
- Open to all ages. If under 18, also must be accompanied by a parent(s)
- In need of transportation to and from medical appointments
- Must have been seen by an operational vehicle
- Must have a driver with a valid driver's license
- Must provide appointment confirmation with the medical clinic providing the appointment

HEALTHY FOOD ASSISTANCE: \$100 per week

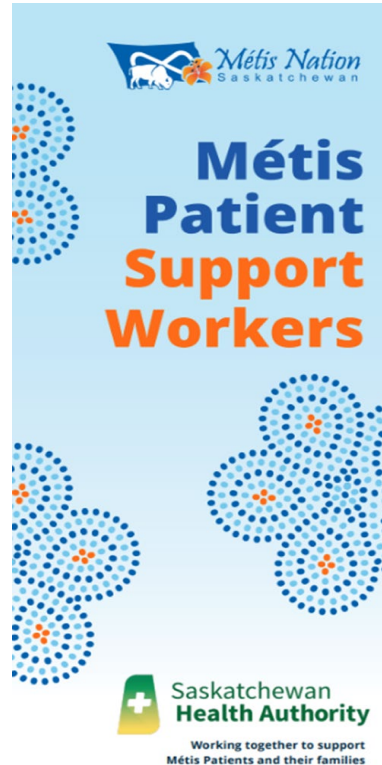
MORE INFORMATION ONLINE:
metisnationsk.com/health

Health of the Nation
 Miysamashchikhoiwis daaw nraayoon
 metisnationsk.ca

Medical Travel Program

Current Initiatives

Métis Patient Support Worker Program & Patient Advocate



The Métis Patient Support Worker Program and Patient Advocate offers Saskatchewan Metis citizens Patient Navigation and Advocacy.

Patients are referred through the Saskatchewan Health Authority for Patient Support and Metis Patients can contact the Patient Advocate directly for any concerns that arise while seeking treatment.

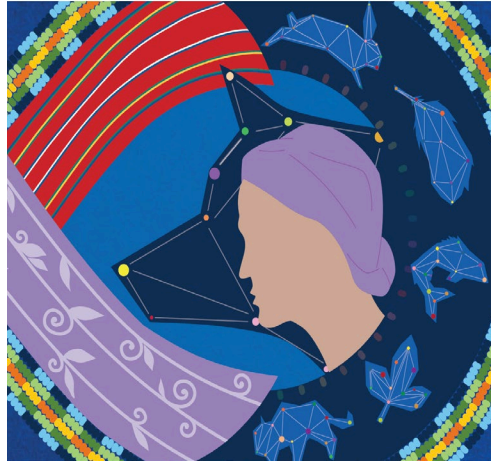
Current Initiatives



Your Guide to Help You Understand Cancer & Heal

Toon Liivr chi Nishitohtamun li Kaansayr

FOR MÉTIS CANCER PATIENTS



Journal and Planner for Métis Cancer Patients

*Aen Ooshipayhaamihk aen Pchi Liivr pi aen Kalaandriyii
poor aniki kaa Aahkooshichik avik li Kaansayr*



Coming soon..

- Palliative and Supportive Care Resource book
- Diabetes Resource Guide
- Tobacco Reduction Participant Guide
- Cardiovascular Resource Guide

Current Initiatives

MN-S Nicotine Replacement Therapy (NRT) Program



The Nicotine Replacement Therapy (NRT) Reimbursement Program is designed to help citizens access effective smoking reduction medicines and therapies and reimburse a portion of the associated costs.



Current Initiatives

MN-S Mental Health & Addictions Toll-Free Help Line



MENTAL HEALTH AND ADDICTIONS PROGRAM

Métis Nation – Saskatchewan (MN-S) is offering Métis in Saskatchewan, access to Métis culturally specific mental health and addiction supports for adults, youth and families.

A toll-free help line for help navigating mental health and addiction supports is available at **1-855-671-5638** from 8AM-4PM, Monday-Friday.

The wide range of support available in both English and French:

- Case Coordination
- Mental health and/or Addictions assessment
- Individual counselling for crisis, trauma, stress, anxiety, depression, addictions and anger
- Family Therapy
- Digital Dependency, Gaming and Gambling
- Legal consultation
- Financial counselling

24 HR CRISIS SITUATIONS LINE
1-877-767-7572

Where available, the support will be provided in-person. Other options include video conference or telephone communication. MN-S is committed to making sure all citizens receive the supports they need in all areas of good mental health.



Métis communities in Saskatchewan have access to, but not limited to:

- Psychology
- Psychotherapy (individual, group, marital counselling)
- Addictions counselling
- Behavioural therapy & Educational advocacy
- Parenting coaching
- Occupational & Speech therapy
- 24 hr Mental Health and Addictions Crisis line

Looking Forward

Building Métis-specific Research and Data Capacity

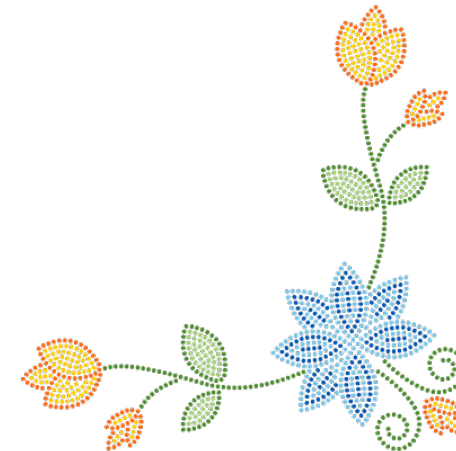
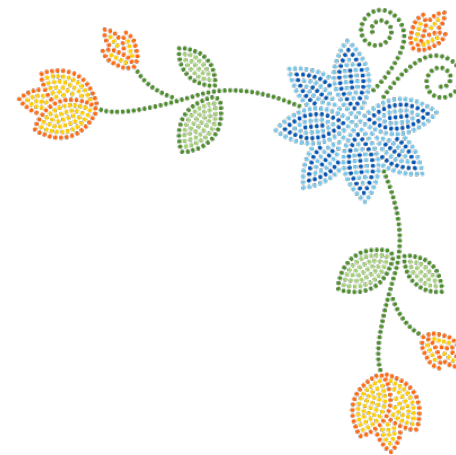
Adding Medical Vans to Medical Travel Assistance Program


Wellness Through Our Lands Program (community grants)

Expanding Commercial Tobacco Reduction Programming and Services


Developing an Indigenous Birthing Centre with Midwifery Services

Métis-specific Guidebooks






“Your help is much appreciated. Your gift of the Smudge Kit was a very nice surprise and very thoughtful”



“Mental Health help is so expensive, and many can’t afford it. This program has saved my and my family’s life!”



“I want to say thank you from the bottom of my heart for the support and assistance MN-S has provided my family. It is truly a life changer”.



Barriers & Challenges

Service gaps

Healthcare shortages- in rural places

Lack of extended health benefits for Metis



Jurisdictional gaps

Funding gaps

Demand outweighs capacity

Barriers to accessing all services – not just *health*

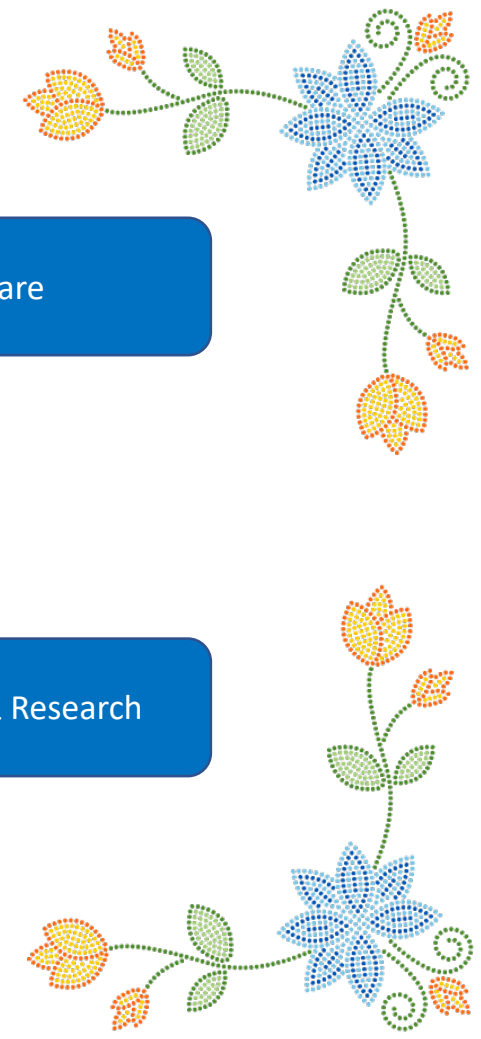
MN-S Health Equity Model

Community Wellness

Elder Care

Mental Health and Addictions

Health Data & Research



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THANK YOU



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306.343.8391 or (toll free) 1-833-343-8285
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Next up...

THE PATIENT'S MEDICAL HOME

With DR RUDDY

Date August 4, 2023

Time 9:30 am – 10:30 am

To register, [visit our events page](#)

