

OMINECA REGION OF NORTHERN BRITISH COLUMBIA

# Aboriginal Community Health Resources

A TOOL FOR COLLABORATIVE PLANNING IN PATIENT CARE

Updated April 2017

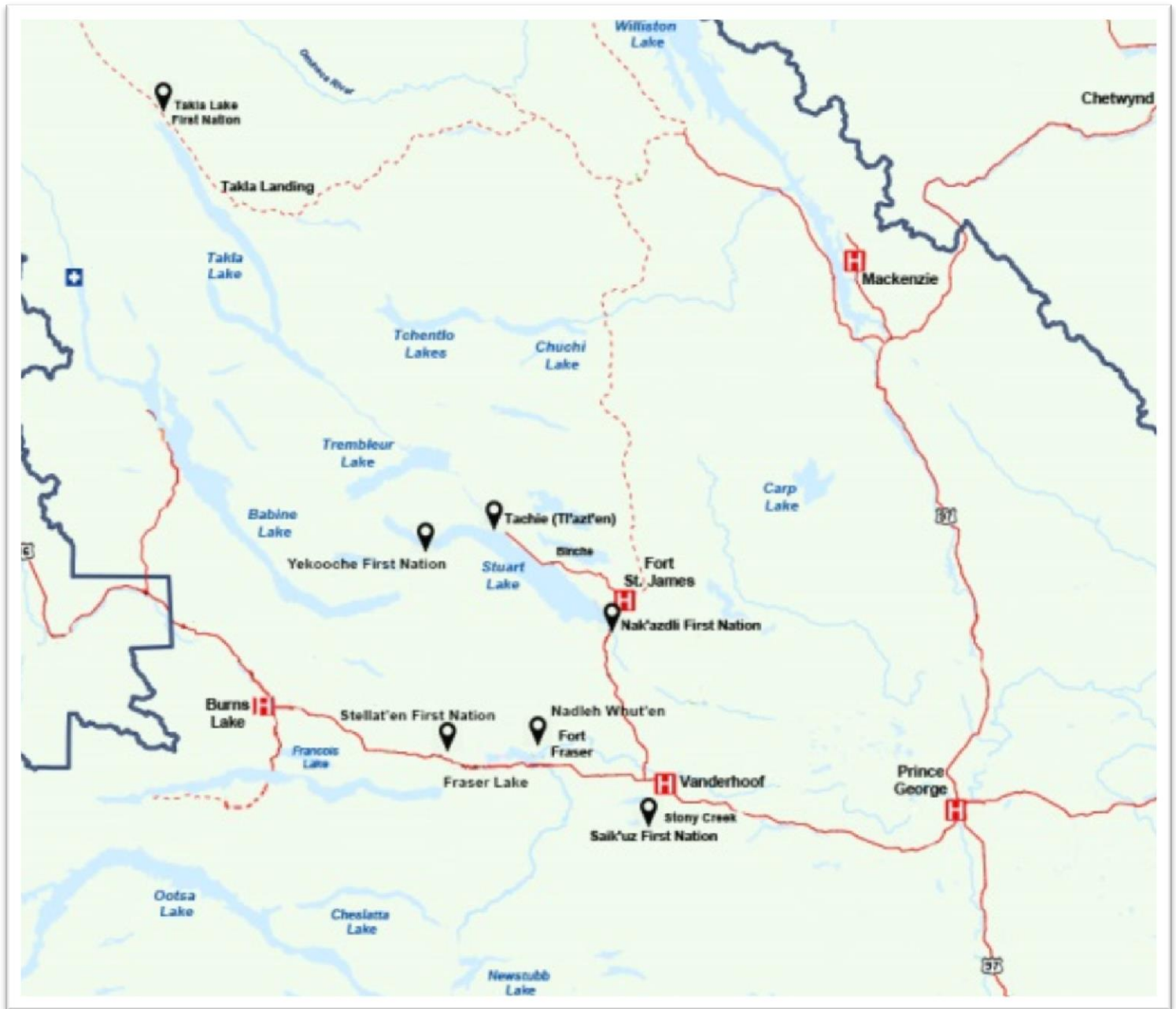


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## Introduction

# Map of Omineca Region of Northern BC



This map was created by Northern Health for the Omineca Aboriginal Health Improvement Committee (AHIC) in May 2017. It is based on a map created for the people of Northern British Columbia by Northern Health; prepared by BC Stats, June 2011.

<https://chip.northernhealth.ca/CommunityHealthInformationPortal/Maps/NorthernBCCommunitiesMap.aspx>

# Nak'azdli

*Nak'azdli Band*

*Clans:*

**Population:** 800

**Languages:** Dakehl (Carrier), English

**Name of Health Centre:** Nak'azdli Health

**Phone Number:** (250) 996-7400

**Fax Number:** (250) 996-2262

**Hours of Service:** 8 a.m. – 4 p.m.

**Community Health Rep:**

**Phone Number:**

**Fax Number:**

**Health Manager:** Jenny Martin

**Phone Number:** (250) 996-7400

**Fax Number:** (250) 996-2262



| Services                                  | Availability                                |
|---|---|
| Physician                                 | Available via telehealth                    |
| Nurse Practitioner                        | Available via telehealth                    |
| Nursing staff                             | Available daily                             |
| Ability to draw blood                     | St. Johns Hospital                          |
| Point Up testing                          | Available, HIV rapid test                   |
| Laboratory                                | St. Johns Hospital                          |
| Specialist visits                         | Available                                   |
| X-Ray                                     | St. Johns Hospital                          |
| Immunizations                             | Baby clinics                                |
| Flu shots and flu clinics                 | Flu clinic                                  |
| Expecting mother and family support       | Pre and post natal support, bi-weekly group |
| Mental Health and Addictions counselling  | Wellbriety, family bonding                  |
| Provide home visits                       | As needed                                   |
| Diabetic Teaching and Care                | Diabetes educator                           |
| Elderly care facility                     | St. Johns Hospital                          |
| Ambulance                                 | 911   |
| Air Ambulance                             | St. Johns Hospital                          |
| Physiotherapy, Dietary and other services | St. Johns Hospital                          |
| Long term care facility                   | St. Johns Hospital                          |
| Ultrasound Clinic                         | St. Johns Hospital                          |
| Garden                                    | Not Available                               |
| Grocery Store                             | Yes, one in the community                   |
| Gathering place used for health clinics   | Facilities available                        |
| Internet, Telehealth and broadband        | Available                                   |
| NH Bus Access                             | St. Johns Hospital                          |





### Travel and Connectivity

- Paved road into town
- Dirt road in town
- Poor cell coverage into town
- Good cell coverage in town
- Can be accessed by boat
- No radio controlled roads



# Stoney Creek

*Saik'uz First Nation*

*Clans:*



**Population:** 600

**Languages:** Carrier, English

**Name of Health Centre:** Saik'uz Health Station

**Phone Number:** (250) 567-9773

**Fax Number:** (250) 567-5491

**Hours of Service:** Mon-Fri 8:30 a.m.—4:00 p.m.

**Community Health Rep:** Linda Holmes

**Phone Number:** (250) 567-9733

**Fax Number:** (250) 567-5491

**Saik'uz First Nation**

**Phone Number:** (250) 567-9293

**Fax Number:** (250) 567-2998

| Services                                  | Availability  |
|---|---|
| Physician                                 | Available 1-5 days a week   |
| Nurse Practitioner                        | Not available   |
| Nursing staff                             | Available 4 days a week   |
| Ability to draw blood                     | STI only  |
| Point Up testing                          | Available, AIC testing  |
| Laboratory                                | St. Johns Hospital  |
| Specialist visits                         | Not Available   |
| X-Ray                                     | St. Johns Hospital  |
| Immunizations                             | Infant, Children and Adult/MD, STI Screen/TB Screen/CHU workshops |
| Flu shots and flu clinics                 | Clinics held twice a year   |
| Expecting mother and family support       | Pre and post natal care. Early childhood team                     |
| Mental Health and Addictions counselling  | Available -AA, Res School Support                                 |
| Provide home visits                       | Provided as needed  |
| Diabetic Teaching and Care                | Mobile Diabetic Outreach Team                                     |
| Elderly care facility                     | Stuart Nechako Manor  |
| Ambulance                                 | St. Johns Hospital  |
| Air Ambulance                             | Prince George   |
| Physiotherapy, Dietary and other services | St. Johns Hospital  |
| Long term care facility                   | St. Johns Hospital  |
| Ultrasound Clinic                         | St. Johns Hospital  |
| Garden                                    | Not Available   |
| Grocery Store                             | St. Johns Hospital  |
| Gathering place used for health clinics   | Facilities available  |
| Internet, Telehealth and broadband        | Available   |
| NH Bus Access                             | St. Johns Hospital  |





## Travel and Connectivity

- Paved road into town
- Paved road in town
- Good cell coverage into town
- Good cell coverage in town
- No boat access
- No radio controlled roads



# Stella'ko

*Stellat'en First Nation*

*Clans: Frog, Beaver, Bear, and Caribou*

**Population:** 500

**Languages:** Carrier

**Name of Health Centre:** Stellat'en Health Centre

**Phone Number:** (250) 699-8922

**Fax Number:** (250) 699-7704

**Hours of Service:** Mon – Fri 8:30 a.m.-4:30 p.m.



**Community Health Rep:** Cynthia Munger

**Phone Number:** (250) 699-8922

**Fax Number:** (250)699-7704

**Medical Office Assistant:** Denise Smith

**Phone Number:** (250) 699-8922

**Fax Number:** (250) 699-7704

| Services                                  | Availability   |
|---|--|
| Physician                                 | Once a month or via telehealth   |
| Nurse Practitioner                        | Not Available  |
| Nursing staff                             | 2 and a half days a week   |
| Ability to draw blood                     | Not Available  |
| Point Up testing                          | Available for AIC and Glucose Monitoring   |
| Laboratory                                | Fraser Lake Community Health Centre  |
| Specialist visits                         | Once a month, Diabetes specialist, Cardiologist, Physiotherapist, Dermatologist. |
| X-Ray                                     | Fraser Lake Community Health Centre  |
| Immunizations                             | Infant, Child and Adult  |
| Flu shots and flu clinics                 | Available once a year or by appointment  |
| Other clinics                             | Pap clinics, Mammograms, narcane, chronic disease and diabetic clinics.          |
| Expecting mother and family support       | On-going care, pre and post natal, community kitchen, well baby clinic           |
| Mental Health and Addictions counselling  | Available as well as Mat child and family Prevention counselling                 |
| Provide home visits                       | As needed  |
| Diabetic Teaching and Care                | One on one, mobile diabetes team, clinic and specialists                         |
| Elderly care facility                     | Stuart Nechako Manor or the Pines  |
| Ambulance                                 | 911 Available from Fraser Lake   |
| Air Ambulance                             | 911 Available from Fraser Lake   |
| Physiotherapy, Dietary and other services | St. Johns Hospital   |
| Long term care facility                   | St. Johns Hospital or the Pines  |
| Ultrasound Clinic                         | St. Johns Hospital   |
| Garden                                    | Available in the summer  |
| Grocery Store                             | Fraser Lake  |
| Gathering place used for health clinics   | Facilities Available   |
| Internet, Telehealth and broadband        | Available  |
| NH Bus Access                             | Fraser Lake  |





## Travel and Connectivity

- Paved road into town
- Paved road in town
- Good cell coverage into town
- Good cell coverage in town
- No boat access
- No radio controlled roads



# Takla Landing



*Takla Lake First Nation*

*Clans: Bear/Wolf, Frog, Beaver, Caribou*

**Population:** 200

**Languages:** Carrier, English

**Name of Health Centre:** Talka Lake Health and Wellness Centre

**Phone Number:** (250) 996-7780

**Fax Number:** (250) 996-7702

**Hours of Service:** Mon-Fri 8:30 a.m. – 4:30 p.m.

**Community Health Rep:** Cathy West

**Phone Number:** (250) 996-7877

**Fax Number:** (250) 996-7702

| Services                                  | Availability                           |
|---|--|
| Physician                                 | Once a month or via Telehealth         |
| Nurse Practitioner                        | Not Available                          |
| Nursing staff                             | 2 nurses, 5 days a week                |
| Ability to draw blood                     | Yes, basic testing                     |
| Point Up testing                          | Available                              |
| Laboratory                                | Stuart Lake Hospital                   |
| Specialist visits                         | Once a month                           |
| X-Ray                                     | Stuart Lake Hospital                   |
| Immunizations                             | Infant, Children and Adult             |
| Flu shots and flu clinics                 | One a year or by appointment           |
| Expecting mother and family support       | Pre and Post Natal care                |
| Mental Health and Addictions counselling  | Available 3 times a week               |
| Provide home visits                       | As needed                              |
| Diabetic Teaching and Care                | Mobile Diabetes team or through nurses |
| Elderly care facility                     | Stuart Nechako Manor                   |
| Ambulance                                 | 911 Available                          |
| Air Ambulance                             | 911 Available                          |
| Physiotherapy, Dietary and other services | St. Johns Hospital                     |
| Long term care facility                   | Stuart Lake Hospital                   |
| Ultrasound Clinic                         | St. Johns Hospital                     |
| Garden                                    | Not Available                          |
| Grocery Store                             | In the community                       |
| Gathering place used for health clinics   | Facilities Available                   |
| Internet, Telehealth and broadband        | Available                              |
| NH Bus Access                             | Stuart Lake Hospital                   |





### Travel and Connectivity

- Dirt road into town
- Dirt road in town
- No cell coverage into town
- No cell coverage in town
- Can be accessed by boat
- Radio controlled roads





# Tache/Binche Area

*Tl'azt'en First Nation*

*Clans: Frog, Braver, Caribou, Wolf/Bear*



**Population:** 900

**Languages:** Carrier

**Name of Health Centre:** Tl'azt'en Health Centre

**Phone Number:** (250) 648-3350

**Fax Number:** (250) 648-3286

**Hours of Service:** Mon-Fri 8 a.m.-4 p.m.

**Community Health Rep:** Don Matters

**Phone Number:** (250) 648-3350

**Fax Number:** (250) 648-3286

**Community Health Rep:** Dale Hallman

**Phone Number:** (250) 648-3350

**Fax Number:** (250) 648-3286

| Services                                  | Availability                           |
|---|--|
| Physician                                 | Once a month                           |
| Nurse Practitioner                        | Twice a week                           |
| Nursing staff                             | 5 days a week                          |
| Ability to draw blood                     | Not available                          |
| Point Up testing                          | Not available                          |
| Laboratory                                | Stuart Lake Hospital                   |
| Specialist visits                         | Not available                          |
| X-Ray                                     | Stuart Lake Hospital                   |
| Immunizations                             | Infant, Children and Adult             |
| Flu shots and flu clinics                 | Yes, 3 flu clinics a year              |
| Expecting mother and family support       | Prenatal                               |
| Mental Health and Addictions counselling  | Yes, NNA and DAP                       |
| Provide home visits                       | As needed                              |
| Diabetic Teaching and Care                | Clinics and info sessions once a month |
| Elderly care facility                     | Stuart Nechako Manor                   |
| Ambulance                                 | Available                              |
| Air Ambulance                             | Stuart Lake Hospital                   |
| Physiotherapy, Dietary and other services | St. Johns Hospital                     |
| Long term care facility                   | Stuart Lake Hospital                   |
| Ultrasound Clinic                         | St. Johns Hospital                     |
| Garden                                    | In the summer                          |
| Grocery Store                             | Stuart Lake Hospital                   |
| Gathering place used for health clinics   | Facilities Available                   |
| Internet, Telehealth and broadband        | Available                              |
| NH Buss Access                            | Stuart Lake Hospital                   |



### Travel and Connectivity

- Main road paved, most gravel
- Main road paved, most gravel
- Poor cell coverage into town
- Poor cell coverage in town
- Can be accessed by boat
- No radio controlled roads



# Yekooche

*Yekooche First Nation*

*Clans:*

**Population:** 100

**Languages:** Carrier

**Name of Health Centre:** Yekooche Health Clinic

**Phone Number:** (250) 649-2044

**Fax Number:** (250) 649-2031

**Hours of Service:** Mon-Fri 8:30 a.m.-4:30p.m.



**Community Health Rep:** Christine Joseph

**Phone Number:** (250) 612-4388

**Fax Number:** (250) 612-4399

**Family Preservation Worker**

**Phone Number:** (250) 612-4388

**Fax Number:** (250) 612-4399

| Services                                  | Availability                     |
|---|----------------------------------|
| Physician                                 | Available                        |
| Nurse Practitioner                        | Not Available                    |
| Nursing staff                             | Available                        |
| Ability to draw blood                     | Not available                    |
| Point Up testing                          | Yes, Urine testing               |
| Laboratory                                | Stuart Lake Hospital             |
| Specialist visits                         | Once a month                     |
| X-Ray                                     | Stuart Lake Hospital             |
| Immunizations                             | Infants, Children and Adults     |
| Flu shots and flu clinics                 | Once a year                      |
| Expecting mother and family support       | Mom's kitchen program            |
| Mental Health and Addictions counselling  | Available                        |
| Provide home visits                       | When needed                      |
| Diabetic Teaching and Care                | Workshops                        |
| Elderly care facility                     | Stuart Nechako Manor             |
| Ambulance                                 | 911                              |
| Air Ambulance                             | Stuart Lake Hospital             |
| Physiotherapy, Dietary and other services | St. Johns Hospital               |
| Long term care facility                   | Stuart Lake Hospital             |
| Ultrasound Clinic                         | St. Johns Hospital               |
| Garden                                    | Community garden                 |
| Grocery Store                             | Fort St. James or Nak'azdli      |
| Gathering place used for health clinics   | Yes, Elementary School available |
| Internet, Telehealth and broadband        | Yes, but limited                 |
| NH Bus Access                             | Stuart Lake Hospital             |





### Travel and Connectivity

- Dirt road into town
- Dirt road in town
- Poor cell coverage into town
- Poor cell coverage in town
- Can be accessed by boat
- No radio controlled roads

# Fort St. James

**Population:** 2500

**Languages:** Carrier/English

**Name of Hospital:** Stuart Lake Hospital

**Phone Number:** (250) 996-8201

**Fax Number:** (250) 996-8777

**Hours of Service:**

**Health Services Administrator:** April Hughes

**Phone Number:** (250) 567-6214

**Fax Number:** (250) 567-9713

**[Other Contact Position]:**

**Phone Number:**

**Fax Number:**

| Services                                | Availability   |
|---|--|
| Physician                               | Available 5 days a week. 6 on staff.   |
| Nurse Practitioner                      | Not available  |
| Laboratory                              | Mon-Fri 8:00 a.m.-1:45a.m.<br>Hematology and a blood bank, Chemistry, Toxicology, Microbiology/culture specimens |
| Specialist visits                       | Dietician/Diabetic coach every 2 months<br>Physician every Friday  |
| X-Ray                                   | 8:00 a.m.-2:45 p.m.  |
| Expecting mother and family support     | Regular Labour, Delivery plus C-section for low risk   |
| Provide home visits                     | As needed  |
| Elderly care facility                   | Stuart Nechako Manor   |
| Ambulance                               | 911 Available  |
| Air Ambulance                           | Available  |
| Long term care facility                 | Available  |
| Ultrasound Clinic                       | Available  |
| Garden                                  | Available in the summer  |
| Grocery Store                           | Available in town  |
| Gathering place used for health clinics | Facilities available   |
| Internet, Telehealth and broadband      | Available  |
| NH Bus Access                           | Available  |

## Travel and Connectivity

|                       |                     |                             |                            |                         |                           |
|-----------------------|---------------------|-----------------------------|----------------------------|-------------------------|---------------------------|
| Paved roads into town | Paved roads in town | Bad cell coverage into town | Good cell coverage in town | Can be accessed by boat | No radio controlled roads |
|-----------------------|---------------------|-----------------------------|----------------------------|-------------------------|---------------------------|

# Fraser Lake

**Population:** 800

**Languages:** English

**Name of Hospital:** Fraser Lake Community Health Centre

**Phone Number:** (250) 699-6225

**Fax Number:** (250) 699-6987

**Hours of Service:** Mon-Fri 8a.m.-5 p.m.

**Health Services Administrator:** April Hughes

**Phone Number:** (250) 567-6214

**Fax Number:** (250) 567-9713

**[Other Contact Position]:**

**Phone Number:**

**Fax Number:**

| Services                                 | Availability   |
|--|--|
| Physician                                | 5 days a week  |
| Nurse Practitioner                       | 5 days a week  |
| Nursing staff                            | 5 days a week  |
| Ability to draw blood                    | Available during lab hours                               |
| Point Up testing                         | As needed  |
| Laboratory                               | 8:30-10:30 a.m. Mon-Fri                                  |
| Specialist                               | GP Oncologist, Visiting Dermatologist                    |
| X-Ray                                    | Mon & Wed 8:30 a.m.-4:00 p.m., Thurs 8:30 a.m. – 12 p.m. |
| Immunizations                            | Infants, Children and Adults                             |
| Flu shots and flu clinics                | 3 clinics a year as well as by appointment               |
| Expecting mother and family support      | Prenatal   |
| Mental Health and Addictions counselling | 5 days a week  |
| Provide home visits                      | As needed  |
| Diabetic Teaching and Care               | In a group setting once a month                          |
| Elderly care facility                    | Stuart Nechako Manor                                     |
| Ambulance                                | Available  |
| Air Ambulance                            | By helicopter or plane in the summer                     |
| Physiotherapy                            | St. Johns Hospital                                       |
| Dietary and Occupational Therapist       | Once a week  |
| Long term care facility                  | St. Johns Hospital                                       |
| Garden                                   | Not available  |
| Grocery Store                            | In town  |
| Gathering place used for health clinics  | Facilities Available                                     |
| Internet, Telehealth and broadband       | Available  |
| NH Bus Access                            | Available  |

## Travel and Connectivity

|                       |                     |                              |                            |                |                           |
|-----------------------|---------------------|------------------------------|----------------------------|----------------|---------------------------|
| Paved roads into town | Paved roads in town | Good cell coverage into town | Good cell coverage in town | No boat access | No radio controlled roads |
|-----------------------|---------------------|------------------------------|----------------------------|----------------|---------------------------|



# Vanderhoof

**Population:** 4480

**Languages:** Carrier

**Name of Hospital:** St. John Hospital

**Phone Number:** (250) 567-2211

**Fax Number:** (250) 567-9713

**Hours of Service:** 24/7

**Health Services Administrator:** April Hughes

**Phone Number:** (250) 567-6214

**Fax Number:** (250) 567-9713

**[Other Contact Position]:**

**Phone Number:**

**Fax Number:**

| Hospital Services                        | Availability  |
|--|---|
| Physician                                | Available 24/7. 14 on staff   |
| Nurse Practitioner                       | Not Available   |
| Beds Available                           | 26 in total. 4 ER, 1 Trauma, and 1 outpatient bay   |
| Laboratory                               | Mon-Fri 8:30 a.m.-12 p.m. Chemistry, hematology and a blood bank  |
| X-Ray                                    | Mon, Tues-Fri 8:30 a.m.-3:45 p.m.<br>Wed 8:30 a.m.-12p.m.   |
| Other Services and Specialty Departments | Physiotherapy, Dietitian, Occupational Therapy, Ear, nose and throat, Plastics, Orthopedics, Scopes, Oncology, Chemotherapy, Cardiac Rehab and Stress Testing |
| Expecting mother and family support      | Regular Labour, Delivery plus C-section for low risk  |
| Provide home visits                      | As needed   |
| Elderly care facility                    | Stuart Nechako Manor  |
| Ambulance                                | 911 Available   |
| Air Ambulance                            | Vanderhoof Air Strip Available  |
| Long term care facility                  | Available   |
| Ultrasound Clinic                        | Available   |
| Garden                                   | Available in the summer   |
| Grocery Store                            | Available in town   |
| Gathering place used for health clinics  | Facilities available  |
| Internet, Telehealth and broadband       | Available   |
| NH Bus Access                            | Available   |
| Manor Services                           | Availability  |
| Physician                                | Available twice a week  |
| Nurses                                   | RN, LPN and Care Aids Available daily   |
| Specialty Departments                    | Physiotherapy, Occupational Therapy, Dietitian, Recreation Staff  |
| Mental Health and Addictions             | Referrals Available   |

## Travel and Connectivity

|                       |                     |                              |                            |                |                           |
|-----------------------|---------------------|------------------------------|----------------------------|----------------|---------------------------|
| Paved roads into town | Paved roads in town | Good cell coverage into town | Good cell coverage in town | No boat access | No radio controlled roads |
|-----------------------|---------------------|------------------------------|----------------------------|----------------|---------------------------|





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Questions, comments or to request copies of this resource, please contact:

April Hughes  
Health Services Administrator  
Northern Health, Omineca District  
[april.hughes@northernhealth.ca](mailto:april.hughes@northernhealth.ca)  
250-567-6214

All photos, except for page 15, in Omineca communities by Paul Alberts.