



First Nations Health Authority
Health through wellness

Health & Wellness Planning 101: Getting Ready to Plan

July 29, 2020



Overview

- COVID-19 Context
 - Communicable Disease Emergency Planning
- Planning Cycle
- Getting Ready to Plan
- Budget Considerations
- Feedback
- Q & A



Today's conversation is a jumping off point for further collaboration with your team!



COVID-19 Response and Planning

We recognize the hard work that is going into crisis and COVID-19 response and planning. As your planning partner, we will continue to take a community-paced approach.

Did you know?

- Communicable Disease Emergency (CDE) Planning is part of the Community Health and Wellness Plan
- Supports are available in this area, including:
 - ✓ FNHDA Communicable Disease Emergency Planning Training (forthcoming in fall 2020)
 - ✓ Communicable Disease Management team support on as needed basis



Communicable Disease Emergencies Preparedness Planning

Page | 1

Date last updated: _____

Insert Community Name

**COMMUNICABLE DISEASE
EMERGENCIES
Preparedness Plan**

Disclaimer: The information contained in this document is confidential, privileged and only for the information of the Community stated in this document and FNHA team members who support the Community's development of this plan. For further information please contact cdm@fnha.ca.

Updated: INSERT DATE INSERT COMMUNITY NAME





CDE Plan Template Checklist

Checklist

Note: Please use checklist to identify areas of the template needing further planning information. Items on the checklist are ordered as they appear on the template. Space is provided in [Appendix 9](#) for written answers to questions below (for a quick reference).

Page Number	Section	Question/Comment	✓
1	Title Page	Fill in date last updated	
1	Title Page	Fill in Community name	
1	Title Page	Fill in date updated and Community name in footer	
7	Purpose	Fill in Community name	
8	Objectives of this Plan	Review planning assumptions in Appendix 10	
8	Community Responsibilities	Review the Community's all-hazard emergency preparedness and response plan (EPR) and business continuity plan (BCP), and be familiar with their content. Please complete location and name of leads.	

Sample Checklist Items

- How will CDE-related information be communicated to Community staff and members?
- How will mass immunization be executed in the summer/winter?
- What form of transportation will be used to transport Community members who are ill?

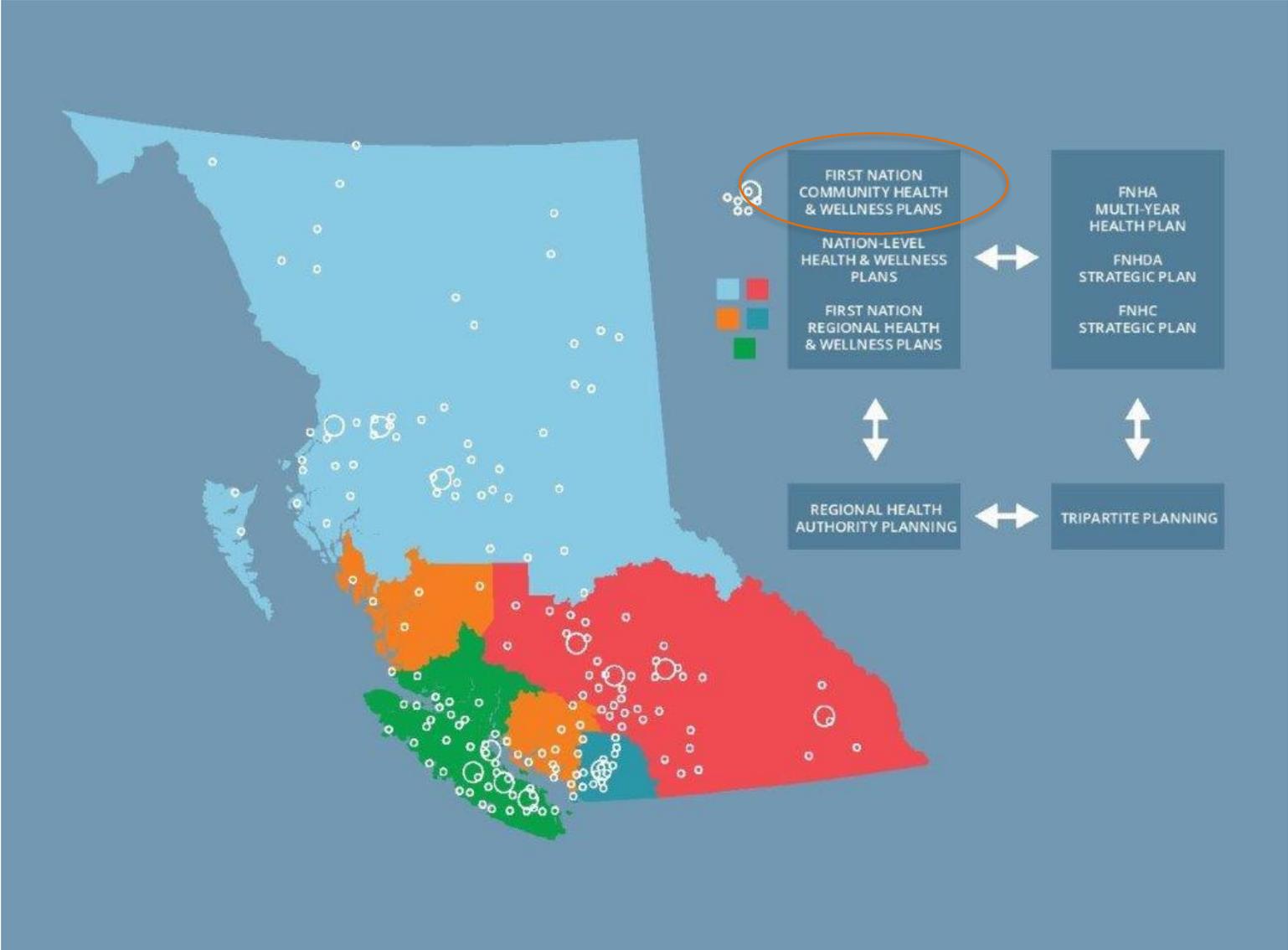
For more information, please contact:



Shero Nand- CDE Nurse Advisor

CD management team

cdmgmt@fnha.ca





The Planning Cycle

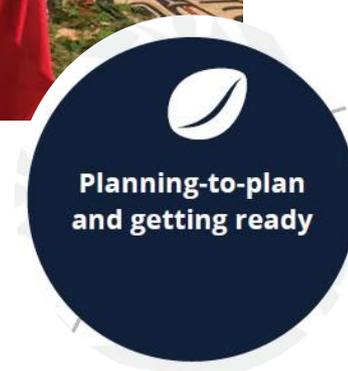




Getting Ready to Plan Overview

Ideas for getting ready to plan include:

- Gathering people
- Assessing planning readiness/capacity
- Relationships and working together
- Organizing time and resources
- Collecting health and wellness information
- Thinking about the health and wellness path forward and partners





Planning Partnership to Support Communities



Communities determine level of FNHA support



Gathering People: Planning Team

- **Groups to consider:** Elders, youth, Council members, health staff, away-from-home population, health committee
- **Planning Champions:** Support a health and wellness planning process by motivating others, inspiring participation and increasing engagement in a planning process
- **Planning Mentors:** Can provide helpful guidance, wisdom and inspiration throughout a health and wellness planning process



[Sample Planning Assistant Job Description](#)





Gathering People: Community

- Community Health & Wellness Plans are created for and by community members
- What creative ways are you engaging community during COVID-19?



[Engagement and Communications Planning Tool](#)



Gathering People: External Partners

- **Planning Partners: Working with partners and sharing resources can increase impact, reach and innovative approaches**
- **Examples: other First Nations, regional health authorities, external stakeholders**



[The 7 Cs for Planning Partners](#)



Assessing Planning Readiness/Capacity

- Health department staff/capacity
- Community climate
 - Timing considerations
 - Current priorities, opportunities or challenges
- Existing community plans
- Engaging Community Leadership
- Capacity building support for your planning team is available
 - E.g., Facilitation training



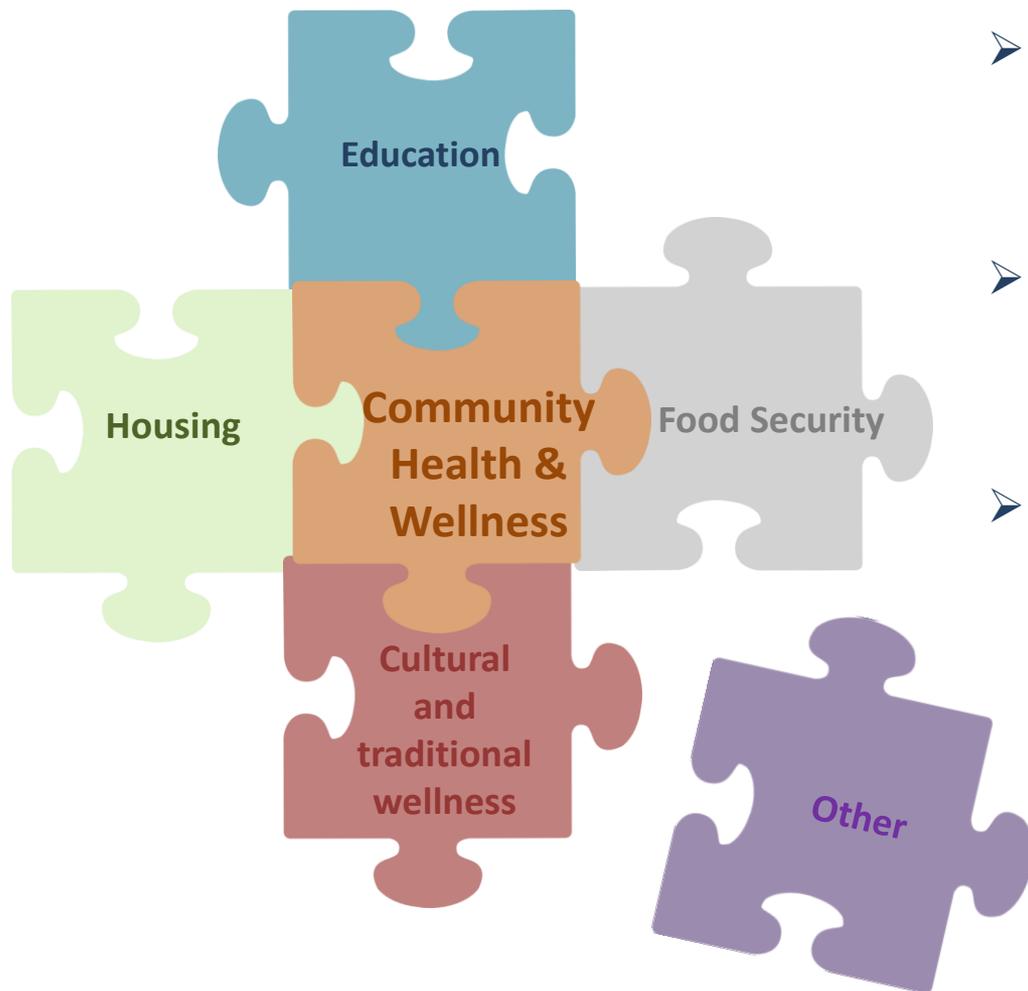


Are there opportunities to align health and wellness planning processes?





Relationships & Working Together



- Consider partnering with band administration/program areas within your community/Nation
- Consider relevant partners available to community as needed
- Don't know where to start? Regional team/Community Development can provide a single-window approach into FNHA



Organizing Resources: Budget Considerations

- What are the current programs and budgets?
- Are there any pre-existing funding pressures to consider?
- What is the financial management structure in your community?
 - Financial System, Multi-Year Budget, etc.

For detailed information about your agreement, please contact:



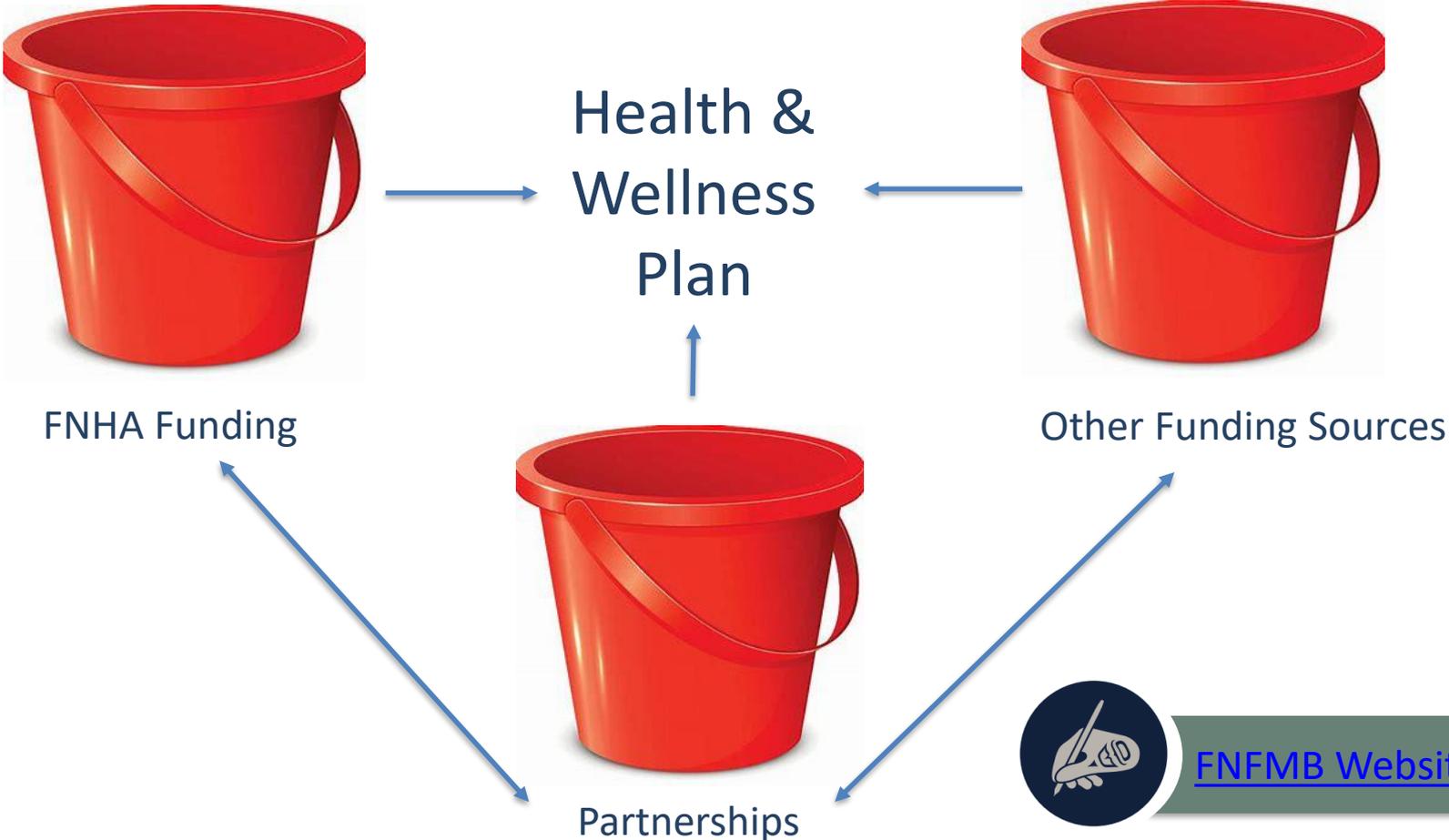
Michael Rupisan – Manager
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Finding Resources to Implement Your Goals

Matching Your Budget with Your Plan





Organizing Time & Resources

If requested, FNHA team can meet with you early in the planning process to discuss a Sample “Getting Ready to Plan” workplan

Sample Action/Activity	Key Tasks	Responsible	FNHA Partnership Supports	Timeline	Resources Required
Reviewing your FNHA Contribution Agreement	Set up meeting with Bonnie	Health Director Linda	Bonnie can share overview of funding etc.	Mid September	None
Assembling a planning team	Consult elders group, council	Planning Assistant	Can support with sample terms of reference	November	None
Considering any broader advisors	Reach out to Nation/RHA	Planning Assistant	N/A	November	





Collecting Health and Wellness Information

- Could include:
 - ✓ Context and Demographics
 - ✓ Surveys
 - ✓ Asset Mapping
 - ✓ Community Health and Wellness Profile
 - ✓ Program Analysis



[Sample Strengths Weaknesses Opportunities and Challenges Template](#)
[Health and Wellness Survey Considerations](#)



The Health & Wellness Path Forward

Where are we now?



Where do we want to go?



What have we learned?



How will we get there?





Requesting Your Feedback





Questions





Thank you!

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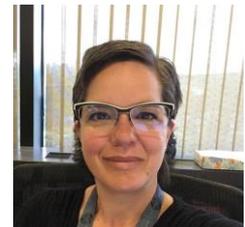
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