



Penticton Indian Band
Health Department

MHSU & Recovery House

2023-2024
Year In Review

Health Statement

MISSION

Snxastwilxtn Centre is dedicated to supporting the safety, health and well-being of Penticton Indian Band individuals and families, while respecting Syilx teachings, protocols, and practices, by engaging in holistic and integrated initiatives through partnerships, education and advocacy.

VISION

The Snxastwilxtn Centre envisions a time and place when all community members, and those yet to be born, have achieved full and equitable health, in relation to: sqilxw, nsyilxcen, timxw, timxwulaluxw, shelter, education, food, income, resources and social justice

MANDATE

The Snxastwilxtn Centre's main purpose is to create and deliver health and wellness services that will prevent ill health, treat illness, provide ongoing support and aftercare, and maintain optimal well-being. Services will be offered in a way that welcomes, accepts, and respects the diversity in community, utilizing approaches that centre syilx knowledge and practices.

GOALS

Individuals, Families, and Community
Respecting/Honoring, Connection/Inclusion, Innovation/Evolution, Intention/Integrity

meet our managers



JACKI MCPHERSON
Health Services Manager



EVENING STAR CASIMIR
Associate Health Manager

meet our team leads



SUZANNE SCHELLENBURG
Infant Development Coordinator



MIKE PIERRE
Elders Coordinator



DENELLE BONNEAU
Community Health Nurse



BRENDA BAPTISTE
Mental Health Substance Use Lead



NATALIE VAN DALE
Medical Office Assistant

meet our team



BEN GENAILLE
Food Service



ROBIN GEORGE
Home Care Nurse



SAVANNAH ARMSTRONG
Care Aide



GAIL HOPE
Homecare Support



CYNTHIA MCEWAN
Homecare Support



HELEN GEORGE
Care Aide



WYNONA PAUL
MOA/Medical Clerk



DALE MARCHAND
Custodian



MELISSA LETENDRE
Recovery House
Manager



MATT JONES
Recovery House
Assistant



OBI ONIAH
Mental Health
Substance Use



FERNANDO MENDOZA
Mental Health
Substance Use



HARMONY PICKETT
Mental Health
Substance Use



SYDNEY MCLACHLAN
Mental Health
Substance Use



HARMONY CROCKETT
Nurse Practitioner



Health Services
Administration

Infant Development
2months - 6years

Elders
60years+

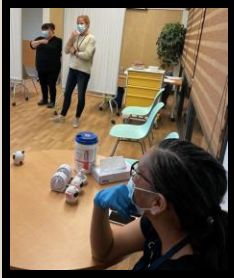
Community Nursing
Maternal Infant/Child & Homecare

Mental Health Substance Use
Recovery House

Clinic
Medical Transportation

What We Offer

Our Staff



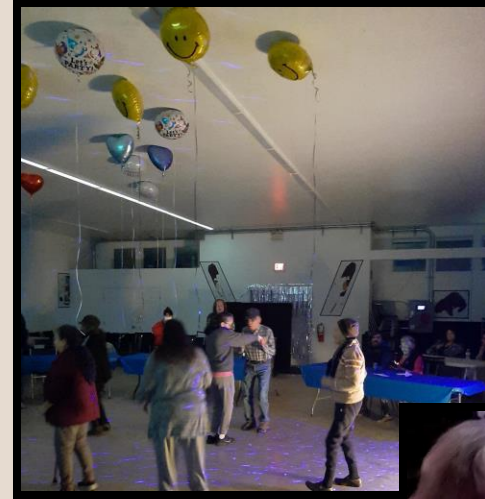
Our Families



Our Families Cont.



Our Elders



Our Elders Cont.



Highlights For Community Nursing

Immunizations

TOTAL 404

Flu 149

Routine 180

COVID 75

Mobile Vision Clinic

50 Community Members

Mobile Foot Clinic

62 Community Members

PIB Pediatric Clinic

18 children/youth

Living Your Best Life
(Chronic Illness/Disease Program)

42 Community Members
(on-going)

Homecare Program
(this number will increase yearly)

20 Community Members
(on-going)

Medication Return Program

TOTAL 22lb turned in

224 Blister Packs
22 inhalers
41 ampules

78 Medication Bottles
4 bags full of miscellaneous pills
58 Various bottles over-the-counter medication

65 Needles
22 Eye/Ear Drops
1 full sharps container



Mental Health Substance Use Recovery House SERVICES

- Clinical Counselling Referrals
 - Psychologists, Alcohol & Drug Counselor etc.
- Pre-Post Treatment/Recovery and Detox Assistance
- Advocacy with outside agencies
- One-on-one engagements
 - In person
 - Over-the-phone
- Collaborations with other departments to meet the needs of clients

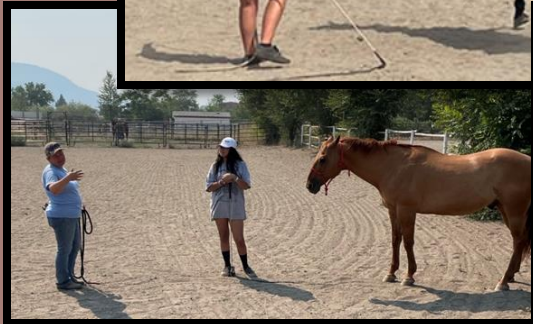
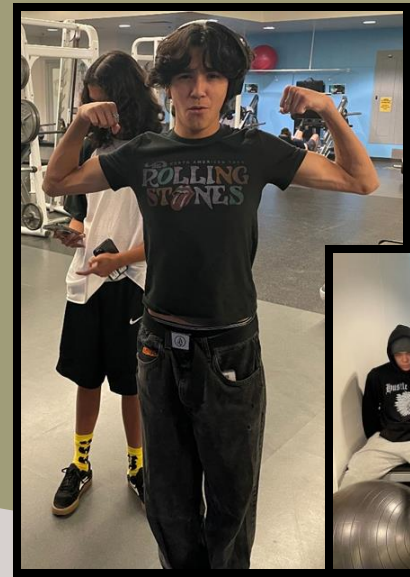
PROGRAMS

- Building Healthy Leaders, Monday, Wednesday and Fridays
- Sta?kmix (Girls Group) Mondays
- Day Treatment Tuesday, Thursday and Fridays
- Self Defense Tuesdays
- Zumba Tuesdays
- ICOT Tuesdays
- Soup for the Soul Wednesdays
- Wellbriety Wednesdays
- Culture of Wellbeing Wednesday
- Men's Group, every Thursday
- Strong Okanagan Women Thursday
- Sobriety Events
- Family Recovery Sundays
- Run/Walk Program Sundays



Highlights From Mental Health Substance Use

Program	Ave.# Participants per week	Target Group
Culture of Wellbeing	8 – 12	People with lived/living experience peer support
Recovery Support Group	6 – 15	Support group for those in recovery
Men's Support Group	6 – 15	Men supporting men addictions, cultural awareness etc.
Building Healthy Leaders: Fitness & Wellness	10 – 14	Fitness sessions with MHSU staff
Indigenous Run Walk Program	2 – 10	Plan and prepare for 5k/10k marathons (all welcome)
ICOT	10 – 15	RCMP, MHSU and Emergency Services and IH visit community to promote harm reduction and provide resources for recovery
Harm Reduction	20 – 30	Promoting and distribution of harm reduction supplies and teachings to help reduce overdose
Sta?kmix (Girls Group)	6 – 12	Promote healthy and positive outlets for young girls/adults
Strong Okanagan Women's Group	6 – 12	Women supporting women in a safe environment through hands on activities
Soup for the Soul	8 – 15	SRH open house and networking through a hot meal every Wednesday
Wellbriety Recovery Program	4 – 6	Recovery house hosts every Wednesday (drop-in)
Zumba	6 – 12	Using Zumba as a way of teaching methods to relieve anxiety and depression
Self Defense	6 – 12	Program for families to enhance self-esteem and family dynamics







Where we are heading

Our Health Department will continue to focus on best practices and a higher standards of health care through prevention, intervention and awareness building within our community and for our community while ensuring we interweave our Syilx culture, language and traditions through land-based programming.

Increase more in-person programs with Elder participation.

Foster departmental collaboration for future programming, supports and resource sharing.

Through best practices will lead us to Accreditation!



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thank you
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