

Tseshahat First Nation Special Band Bulletin

Tuesday May, 2018



Photo Courtesy of Tyrone Marshall – Tseshahat Recreation

Inside the bulletin:

2018 Mens gathering	Page 1	Information
Registration Form	Page 2	Mens gathering
Naloxone signs	Page 3	Information
Tseshahat Walk in Clinic	Page 4	Information
Tuberculosis and Diabetes	Page 5	Information
Xanax	Page 6 & 7	Information
May office Closure	Page 8	Information
Community Meeting dates	Page 9	Information

Nuu-chah-nulth Tiic[^]@aa+ (Mental Health)

2018 Quu%asa Men's Gathering

C*aa maa pi> %a p`is
(Help me to stand with Honour, Dignity &
Respect)

Thursday May 31, 2018 - Saturday June 02, 2018

Kackaamin Family Development Centre

7830 Beaver Creek Rd, Port Alberni, BC
Meals & Accommodations Provided

Participants must register for this event (limited seating)

TO REGISTER PLEASE CONTACT: Stan Matthew
stan.matthew@nuuchahnulth.org
3483 3rd Ave. Port Alberni, B.C.
PH: 250-724-3939 Cell: 250-731-6645 TF: 1-888-624-3939



BRING YOUR DRUMS

*This event is coordinated and funded through the Nuu-chah-nulth Tribal Council's
Tiic[^]@aq+ Quu%asa Program*



Quu%asa Men's Gathering

May 31 - June 02, 2018

Kackaamin Family Development Centre

For more information - Stan Matthew @

**PH: 250-724 - 3939 Cell: 250-731-6645 TF: 1-888-624-3939 or
stan.matthew@nuuchahnulth.org**

REGISTRATION FORM

Please (print) complete and fax to Stan Matthew 250-724-5747

Last Name:	First Name:
------------	-------------

First Nation:	Status #
---------------	----------

Street Address:

City:	Postal Code:
-------	--------------

Phone #:	Cell #:
----------	---------

Email:

Emergency contact:

Medical concerns/information:

Please list any Allergies:

Family Doctor:	Phone:
----------------	--------

Care card #

Residential School Survivor: <input type="checkbox"/> YES <input type="checkbox"/> NO	Residential School Attended:
---	------------------------------

Intergenerational Survivor: <input type="checkbox"/> YES <input type="checkbox"/> NO
--

* Please note: **Registration will be on a first come, first serve basis**

Accommodation and meals will be provided.

We encourage you to:

- Wear comfortable clothing
- Sleeping bag, or blanket and pillow
- Bring your own toiletries (shampoo, soap, etc. as it is not provided) and towels
- Carpool from your Communities is encouraged
- If you have registered and **are unable** to participate, please contact us as soon as possible in order to free up space for others.

FREE NALOXONE KITS & TRAINING

Available through the NTC Nursing Program
at the following locations:

NTC Mission Road

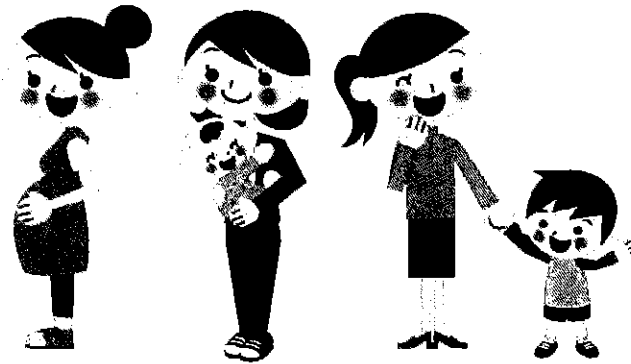
Strong Family House 3075 3rd Ave

OR BY PHONE

250-724-5757

Ask for the nursing department





Tseshaht Walk in Clinic

When: Wed & Fridays 1-3pm

Where: Tseshaht Band Office

Services provided include: Infant/children Immunizations, pregnancy tests, prenatal teaching, postnatal teaching, blood pressure checks, blood sugar check, sexual health info, Naloxone training, TB skin test

If these dates do not work please feel free to call Community Health Nurse Francine Gascoyne at 724-5757 or cell 250-735-0416 to set up appointment.

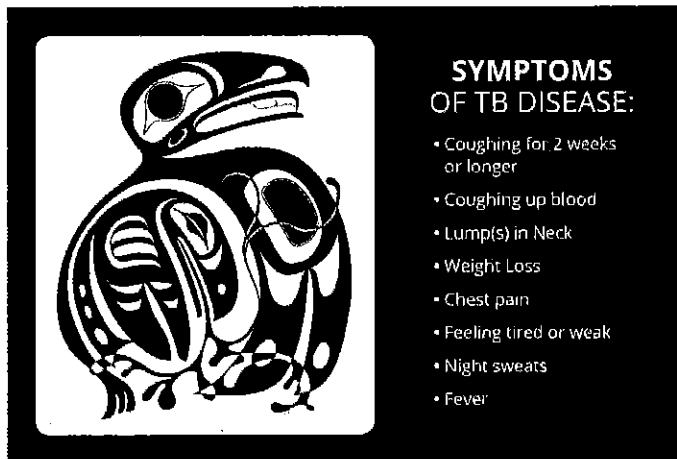
Tuberculosis and Diabetes

What is Tuberculosis (TB)?

TB are tiny bacteria which are passed through the air when someone with TB Disease coughs, sings or shouts. These Bacteria can be breathed into the lungs by another person in the same room.

TB Infection

When you breathe these TB bacteria into your lungs your body fights back by building a wall around the TB bacteria. You are infected with TB but do not get sick because the germs are inactive. You will have a positive TB skin test and a clear chest x-ray, but do not feel sick and cannot make anyone else sick. Once you have TB infection you will have a 10 percent chance of getting TB Disease over your lifetime. By taking medication you can reduce this chance.



Diabetes and TB

Research has shown that those who have Diabetes and a positive TB skin test (Latent TB Infection) have a 30% increased risk of developing active TB Disease over their lifetime. Those with TB Disease and Diabetes take longer to treat with medications.

TB can be prevented and cured!

It is recommended to have a TB skin test done when diagnosed with Diabetes and each year thereafter.

Please call Community Health Nurse: Francine Gascoyne 250-724-5757 to set up appt for a TB skin test.



Xanax Use Among Teens: What We Need to Know

Over the past 12 months, an increasing number of education, police and health care professionals on Vancouver Island have expressed concern about the use of Alprazolam (Xanax[®]) among teens in their communities, including Victoria, Cowichan Valley, Nanaimo, Parksville, Port Alberni, Comox Valley and Campbell River. These concerns are supported by reports from teens themselves. There have also been incidents reported of acute intoxications of teens at school, suspected overdose incidents involving emergency response and seizures by local police.

What is Xanax?

Xanax is a medication from the benzodiazepine family that functions as a central nervous system depressant. It is commonly used to treat various forms of anxiety and panic disorders, as well as insomnia, by decreasing abnormal excitement in the brain.

What are the effects and risks?


Xanax, like other prescription tranquilizers, is intended to slow normal brain activity and function, which may result in slowed breathing (respiratory depression), slurred speech, dilated pupils, disorientation, fatigue and decreased coordination. In high dosages, Xanax can, "...cause impaired memory, judgment and coordination; irritability; paranoia; and thoughts of suicide. Some people can become agitated or aggressive." (Parent Drug Guide: Know the Facts about Xanax)

Repeated use of Xanax can lead to dependence, which can result in withdrawal symptoms when use is reduced or stopped. Talk to a medical professional to develop a safe strategy for reducing use. Tolerance to Xanax can develop quickly, causing an individual to consume higher dosages to achieve the same result, increasing the risk of harming themselves. This includes the potential for overdose, particularly when taken with other depressants such as alcohol, benzodiazepines and/or opioids (i.e. fentanyl, heroin and morphine).

What are the sources of Xanax?

There is no sure way to confirm how teens are getting Xanax. It appears that access to Xanax, and other prescription medications, are likely from a prescription by physicians and/or psychiatrists (which could include misuse of another person's prescription like a sibling or parent); purchased from a friend or dealer; or purchased from the internet or dark web.

Information from local police departments suggests there are likely two streams of Xanax in circulation: legitimate and illicit versions. A legitimate form of Xanax would include pills obtained through a direct prescription, used by the individual they've been prescribed to, or diverted from another person's prescription. These pills are regulated pharmaceutical quality.



Xanax Use Among Teens: What We Need to Know

There is also an illicit stream of unregulated Xanax, which has been made from a combination of chemical agents to produce something intended to resemble the appearance and effect of the pharmaceutical version. This poses further significant risk to the person using Xanax outside of prescribed use, as it is very difficult to distinguish a legitimate pill from a fake pill, and the effects from each are likely to vary from pill to pill, including the dosage and interactions with other drugs.

Signs and Symptoms of Acute Toxicity (Overdose):

- Extreme drowsiness
- Fainting; loss of consciousness
- Difficulty breathing; respiratory depression
- Loss coordination; muscle weakness
- Confusion
- Light headedness

If someone has signs and symptoms of acute toxicity they need urgent medical assistance.

Suggestions and Tips for Talking to a Teen:

- It's important to keep lines of communication open and to have honest and non-judgemental conversations with your teen—this will create trust and encourage openness
- Approach the conversation with curiosity and interest
- Ask for their opinions
- Focus on your concerns for their safety
- Know the facts about the drug
- Understand and address your own fears before starting the conversation

Supportive Resources for Youth & Families on Vancouver Island:

- **South Island:** call 250-519-5313 or email discovery.southisland@viha.ca
- **Central/North Island:** call 250-739-5790 or email discovery@viha.ca

For more information:

- www.canada.ca/en/health-canada/services/substance-abuse/prescription-drug-abuse/benzodiazepines
- bodyandhealth.canada.com/drug/getdrug/xanax
- drugfree.org/drug/xanax (Parent Drug Guide: Know the Facts about Xanax)
- www.uvic.ca/research/centres/cisur/assets/docs/hs-parents-list.pdf

Tseshaht First Nation



OFFICE CLOSURE

Friday May 18, 2018 @ 3:00 pm
Monday May 21, 2018 for Victoria Day

The office will re-open for regular business on
Tuesday May 22, 2018

Have a safe long weekend

Tseshaht Administration, Chief & Council

Tseshaht First Nation

5091 Tsuma-as Drive
Port Alberni, B.C., V9Y-8X9
Phone: 250-724-1225
Fax: 250-724-4385
www.tseshaht.com

TSESHAHT

Community



May 7, 2018 | 7:00 PM

June 4, 2018 | 7:00 PM

September 10, 2018 | 7:00 PM

October 1, 2018 | 7:00 PM

November 5, 2018 | 7:00 PM

December 3, 2018 | 7:00 PM

