

# SCW'EXMX CHILD & FAMILY SERVICES SOCIETY

June 2023  
Community Newsletter

## FEATURES

SCFSS Updates

PAGE 2

Job Opportunities

PAGE 5

Heat Safety Tips  
& Emergency Numbers

PAGES 6 & 7

Call to Action

PAGE 8

Community Calendar  
& Event Posters

PAGES 9-11

Culture & Language Team

PAGE 12

On The Land & Harvesting

PAGES 13 & 14

Community Smiles

PAGE 15



"Respect, responsibility. The one word reminder of who we are- snaqsilx<sup>wm</sup> [all my relations]. That's all we should have to say, one word to remind us of our responsibility and why we are here. We must continue to remind each other about who we are and how we should act in a good way."

twi N'kwala (Dan Manuel) Elder





# April Staffing Updates



**CAYLAN BARBER  
CYMH WELLNESS  
NAVIGATOR**

As the Child and Youth Mental Health (CYMH) Wellness Navigator, Caylan will build capacity of Indigenous communities to provide locally based mental health and wellness services within the community to children, young people, and their families and relations. Caylan will complement and support the On-Reserve Clinician to provide services to holistically serve children, young people, and their families with severe mental disorder and social, emotional and/or behavioral disorders such as depression, trauma and anxiety, behaviour disorders, and residential school effects. Caylan will build a mental wellness network and provide mental health promotions through one-on-one support, group facilitation and educational workshops. In addition, she will help build the capacity of other community service providers, both within the Society and throughout the Nicola Valley. Caylan will complement the clinical support through intake processes, exiting strategies and planning for children, young people, and families through mental wellness group and community workshops.

As the Part-Time Agency Navigator, Celeste will effectively carry out relief reception and administrative tasks providing excellent service as the initial greeter, welcoming visitors, and callers to the downtown office. Celeste will promptly address client needs in a friendly, professional manner and works to build effective relationships within SCFSS, associated agencies, government, our member communities, and the general public.



**CELESTE HENRY  
PART-TIME AGENCY  
NAVIGATOR**



**CHARMAINE CLARKE  
FAMILY WELLNESS  
NAVIGATOR**

As the Family Wellness Navigator, Charmaine will be responsible for providing holistic support services to families through coaching and wellness planning. She will facilitate participant-centered support through the creation of Integrated Wellness Plans. Charmaine will work collectively with participants to set goals in all domains of their life and relationships, identify a support network to help meet goals, set realistic timeframes, and implement healthy strategies to achieve their goals. Charmaine will plan, develop, and facilitate workshops for families and community to support the growth of skills identified in needs assessments. Charmaine will incorporate syilx and nte?kepmx language and culture into culturally appropriate services to enhance children and families' relationships and wellness in the nte?kepmx and syilx communities. Charmaine will be based at the main office five days per week, reporting to Lucinda Seward, Family Wellness Team Leader.

As the Family Wellness Navigator, Tammy will be responsible for providing holistic support services to families through coaching and wellness planning. She will facilitate participant-centered support through the creation of Integrated Wellness Plans. Tammy will work collectively with participants to set goals in all domains of their life and relationships, identify a support network to help meet goals, set realistic timeframes, and implement healthy strategies to achieve their goals. Tammy will plan, develop, and facilitate workshops for families and community to support the growth of skills identified in needs assessments. Tammy will incorporate syilx and nte?kepmx language and culture into culturally appropriate services to enhance children and families' relationships and wellness in the nte?kepmx and syilx communities. Tammy will be based at the main office five days per week, reporting to Lucinda Seward, Family Wellness Team Leader.



**TAMMY CAZA  
FAMILY WELLNESS  
NAVIGATOR**



# May Staffing Updates



**LORETTA OPPENHEIM  
ELDERS ADMIN  
ASSISTANT**

Loretta will be leaving her position of Part-Time Receptionist at the downtown office to join the Culture and Language Team. As the Elders Administrative Assistant, Loretta will provide clerical, filing, scheduling, and other administrative support to the Elders on the Culture and Language Team. She will provide information to the Elders, streamlining communication efforts for the organization. Loretta will act as a communication ambassador while utilizing a high level of judgement, professionalism, and sensitivity in dealing with Elders, relations, staff, and the communities we serve. She will support the Elders with completing any required documentation, submitting documentation, sending and receiving communications, and provides education on administrative processes. Loretta will be based out the Language Nest (15 hours per week) and will report to Lepika Saddleman, Culture and Language Team Leader.

Lucinda has accepted the position of Family Wellness Team Leader and will relinquish her role with the Culture and Language team on June 5, 2023. As the Family Wellness Team Leader, Lucinda will lead a dynamic team in the planning, development, and delivery of the Family Prevention Program supports and services for parents and families. She will work collectively with community resources and other teams at SCFSS to support families in all aspects of holistic wellness and relationships. Lucinda is responsible for ensuring the Family Prevention Team provides culturally appropriate family preventative services under the nte?kepmx and syilx practice frameworks, enhancing family relationships and wellness in the Nicola Valley. Emphasis is on preventative measures for wellness unity in the lives of parents, families, and communities. Lucinda will ensure effective services under the direction established by our communities and community leadership, and under the policies and procedures established by the Board of Directors.



**LUCINDA SEWARD  
FAMILY WELLNESS  
TEAM LEADER**



**KRISTEN STEWART  
YOUTH TEAM  
LEADER**

After the completion of her master's practicum, Kristen Stewart has returned and accepted the position of Youth Team Leader, effective May 15, 2023. Kristen will also Act as the CYMH Team Leader until the return of the incumbent TL. Congratulations Kristen. We are delighted and look forward to the experience and knowledge you bring to the Society.

As the Executive Administrative Assistant, Rhonda will be responsible for providing clerical, filing, scheduling, and other administrative support to the Executive team. She will provide administrative supports to the Executive Director, Executive Coordinator, and the Board of Directors. Rhonda will provide information to the Executive team, streamlining communication efforts for the organization. She will be organized and act as a communication ambassador while utilizing a high level of judgement, professionalism, and sensitivity in dealing with relations, staff, and the communities we serve. Rhonda will work to build effective professional relationships within SCFSS, associated agencies, the government, our communities, and the general public. Rhonda will be based at the main office, reporting to Crystal Narcisse, Administrative Team Leader.



**RHONDA DUNN  
EXECUTIVE ADMIN  
ASSISTANT**



# May Staffing Updates



**ELIJAH KENNEDY**  
**TEAM ASSISTANT**

As the Team Assistant, Elijah will be responsible for general administrative, clerical, and program support to the Prevention and Protection Teams at Scw'exmx Child and Family Services Society (SCFSS). Elijah will play a key role in carrying out client file management, data entry, and technical support. She will support effective communications between frontline staff, relations, community resources, and other SCFSS team members. Elijah will build trusting relationships with staff, relations, community, and elders, incorporating nte?kepmx and syilx traditional values into all aspects of the role while maintaining a high level of professionalism, confidentiality, and ethics. Elijah will be based at the main office and will report to Crystal Narcisse, Administrative Team Leader.

As the Cultural Program Coordinator, Jason will be an integral part of the dynamic language and culture team. Jason will develop, implement, and coordinate programs and services specifically designed for nte?kepmx and Syilx children, young people, and families residing in the Nicola Valley. He will work in collaboration with the other two Cultural Program Coordinators as part of the Culture and Language team to engage with children, young people, families, and our five (5) Member communities to determine culturally relevant program needs and interests. Jason will support the implementation of nte?kepmx cultural practices into all aspects of programming, cultural case planning, and relation contact to preserve family and culture with the support of Resident and Language Elders. Jason will be based at the language nest, reporting to Lucinda Seward, Culture and Language Team Leader until June 5, and will then report to Lepika Saddleman.



**JASON ERMINESKIN**  
**CULTURAL PROGRAM COORDINATOR**



**LEPIKA SADDLEMAN**  
**CULTURE AND LANGUAGE TEAM LEADER**

As the Cultural Team Leader, Lepika will be responsible for program development, strategic leadership, and direction to the Culture and Language Team related to the integration of Syilx and Nte?kepmx culture, language, and values. The Culture and Language program consists of Resident Elders representing both Syilx and Nte?kepmx cultural values and traditions, an Elder Champion, a Language Advisor, Teacher and Language Elders, Cultural Coordinators facilitating cultural events and programs in each of the five (5) Member communities and one Elder Administrative Assistant. Lepika will be accountable for creating a culturally reflective three-year work plan in coordination with the SCFSS Strategic Plan. The Culture and Language Program is a priority as SCFSS ensures Syilx and Nte?kepmx culture, language and traditional values are integrated into each program, informed and advised by Resident and Language Elders. Lepika will be based at the language nest and will commence her full responsibilities as the Team Leader on June 5, 2023. She will report directly to Lisa Post, Executive Director.

As the Community Engagement Communications Coordinator, Robin will function with a high degree of independence and operates in an environment with significant engagement and interaction with our member communities, community partners, agencies, community, and Elders. The position includes facilitation of community circles to determine community needs, through the development, implementation, and communication of policies and procedures in coordination with the Community Planner and community partners. Robin will exercise critical thinking to develop and present the planning and coordination of feedback garnered from community through communications, facilitation, and reporting. She will have significant attention to detail, discretion, initiative, and accuracy to support and represent SCFSS and our member communities. Robin will be responsible for leading the communications within SCFSS through the design, maintenance, and monitoring of the SCFSS website, social media accounts, and narrative of all documentation to encompass SCFSS's vision and Strategic Plan, while ensuring the inclusion of nte?kepmx and syilx culture and language into all platforms and materials. Robin will be based at the main office and will report directly to Lisa Post, Executive Director (community engagement) and Kristy Joe, Acting Operations Manager (communications).



**ROBIN PETERSON**  
**COMMUNITY ENGAGEMENT COMMUNICATIONS COORDINATOR**



# Job Opportunities



## We Are Hiring

**Scw'exmx Child and Family Services Society (SCFSS)** is family-centered and guided by n̓e?kepmx and syilx traditional knowledge and principles. SCFSS utilizes prevention and protection strategies with the collective goal to keep children with their families and communities. SCFSS recognizes historical challenges and is guided by traditional strength and wisdom to build family and community capacity in a monumental shift from protection to prevention.

### EMPLOYMENT OPPORTUNITIES

#### DIRECTOR OF PREVENTION SERVICES

Full-Time | 35 hours per week | Permanent | Wage Range: \$61.38 - \$78.30  
Posting Closes: 4:30 pm, June 15, 2023 | Candidate Review: June 16, 2023

#### EXECUTIVE COORDINATOR

Full-Time | 35 hours per week | Permanent | Wage Range: \$33.77 - \$40.68  
Posting Closes: 4:30 pm, June 15, 2023 | Candidate Review: June 15, 2023

#### OPERATIONS MANAGER

Full-Time | 35 hours per week | Permanent | Wage Range: \$44.40 - \$65.86  
Posting Closes: 4:30 pm, June 23, 2023 | Candidate Review: June 26, 2023

#### COMMUNITY MANAGER

Full-Time | 35 hours per week | Permanent | Wage Range: \$44.40 - \$65.86  
Posting Closes: 4:30 pm, June 23, 2023 | Candidate Review: June 26, 2023

#### APPLY NOW

See our full postings and apply on our website at [www.scwexmx.com](http://www.scwexmx.com)  
Submit your cover letter and resume on our website

*Pursuant to Section 41 of the Human Rights Code, preference may be given to qualified applicant of Indigenous ancestry*



# How to stay safe during extreme heat events



Close windows and curtains during the day and open them at night.



Check on others, especially those who live alone or are most at risk.



Take it easy and avoid intense activities.



Apply ice packs and cool, damp cloths to your wrists and neck.



Seek cooler locations like shaded areas, basements, or air-conditioned buildings.



Drink plenty of water, even when you don't feel thirsty.

Climate change and colonization continue to impact the emotional, physical, and spiritual resilience of Indigenous peoples.

**For emotional and spiritual support, call:**

- The IRSSS Toll-Free Line (1-800-721-0066)
- Tsow-Tun-Le-Lum (1-888-403-3123)
- Métis Crisis Line 1-833-Métis-BC (1-833-638-4722)

**For medical support call:**

- Your local health station
- First Nations Doctor of the Day (FNHA): 1-855-344-3800
- HealthLink BC: 811
- Northern Health Virtual Clinic: 1-844-645-7811
- For emergencies call 911 or your local emergency number

# EMERGENCY PHONE NUMBERS

## Emergency Numbers



Non-Emergency Numbers	Police	Fire	Ambulance
Merritt	250-378-4262	250-378-5626	1-800-461-9911
Logan Lake	250-523-6222	250-523-6225	1-800-461-9911
Princeton	250-292-3325	250-292-3325	1-800-461-9911
Spences Bridge	250-458-2233		1-800-461-9911
Lower Nicola	250-378-4262		1-800-461-9660
Douglas Lake	250-378-4262	250-350-3344	1-800-461-9911

### OTHER EMERGENCY NUMBERS

Crime Stoppers/Tips	1-800-222-8477
FortisBC (gas leaks or odors)	1-800-663-9911
Power Outages & Emergencies	1-800-769-3766
24 HR Emergency Program (Flood,Fire,etc)	1-800-663-3456
Forest Fire Reporting only	1-800-663-5555
Nicola Valley Hospital & Health Centre	250-378-2242



# Scw'exmx

## Child & Family Services Society

### Call to Action

**We are at a critical moment in time.**

A great deal of change is taking place within the current political climate in which we exist. Bold steps are required to actualize the changes necessary for the communities we represent. For the first time since colonization, our action will fundamentally alter the foundation upon which outside governments have imposed political interests of assimilation through the systemic removal of our children. For generations, our children have been the ones on the front line of federally and provincially legislated cultural genocidal regimes. Our families and communities were fractured but never broken. To achieve healing, justice and hope for each child ever removed from their parents, families and communities, it is up to us to provide a new reality for generations to come. Through the wisdom of our Ancestors, we have been taught the ways to care for one another. We must work towards a future markedly different from the current state wherein there are more Indigenous children in care now than at the height of the residential school era. While the current system is derived of legislation and policy not of the Indigenous origin at a community level or otherwise, we undertake the process of decolonization and bring traditional knowledge, guidance and practices of the nłeʔkepmx and syilx forward in collaboration and guidance of our communities. It is our responsibility to create the necessary change to ensure children currently in care have the advocates they deserve and seven (7) generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy. nłeʔkepmx and syilx ancestors have anticipated this change and passed their wisdom and knowledge on as we respond to this call to action. This very legacy is now ours to nurture and protect as we build a new platform where today's children and families will remain together and rekindle their cultural ways of being.





# June 2023



## - Community Calendar -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	CW School Pow Wow at LNIB Shulus Arbor 10-2  Shackan Feel the Beat at Shackan Hall 4-8	2	Rocky Pines Youth Drop-In - Visit to the Fun Factor 4-9
4	5	6  On the land - harvesting poles meeting 8:45AM SCFSS lang nest Tues & Wed	7 Transition House Elders Lunch at the Civic Centre 10-1	8  Aboriginal Grad at NVIT 5pm	9	10 CW Culture Gathering 9-5
11 CW Culture Gathering 9-1  UNB Group Healing Event 10-3	12	13 SCFSS On the Land  LNIB Community Music Video Showcase & BBQ 5-7 @ Rocky Pines Community Center 	14 SCFSS On the Land	15	16 UNB Family Golf Tournament & Father's day Men's Group	17
18 Father's Day 	19	20	21 Indigenous Peoples Day at Central Park 10-3 (office closed)  UNB event @ Glimpse Lake 10-3  Summer Solstice	22  MSS Graduation	23	24 MSS Graduation Prom Weekend
25	26	27	28	29	30 SCFSS Office closed	1

NOTES	TO DO
<p>UNB is hosting:</p> <ul style="list-style-type: none"> <li>• Medicine Monday's</li> <li>• Workout Wednesday's</li> <li>• Fish Friday's</li> </ul> <p>MSS Girls Group on Wednesday's 1pm-2pm</p> <p>LNIB is hosting: LNIB Hand Drumming every Tuesday 5-7:30 @ Rocky Pines Community Centre LNIB Language Group every Thursday 5 PM @ Cultural Centre</p>	

# COMMUNITY MUSIC VIDEO SHOWCASE & BBQ DINNER



**June 13th**

**5-7pm**

Rocky Pines Community Center

Come see the song and music video our local youth  
created with N'we Jinan and honour their work



Games  
Activities  
Lahal Game  
Lunch



Crafts  
Round Dance  
Drumming  
Vendors

# INDIGENOUS PEOPLES DAY!

**WEDNESDAY, JUNE 21ST, 2023**  
**10 AM - 3 PM**  
**CENTRAL PARK, MERRITT, BC**

Join us at Central Park to celebrate  
Indigenous Peoples' Day!  
Bring your family, lawn chair and  
get ready for some fun!

This event is made possible with the help of Citxw Nlaka'pamux Assembly,  
TECK HVC, Scw'exmx Child & Family Services Society, BC Ministry of  
Forests, and other contributors.

 *We are here, we are strong, we are resilient!* 

# Culture & Language Team



The Culture and Language Program is a priority as SCFSS ensures Syilx and Nte?kepmx culture, language and traditional values are integrated into each program, informed and advised by Resident and Language Elders.

## *The Team:*



## *Our Knowledge Keepers:*



- Join us at the Coldwater Culture Conference at the Coldwater Band School on Saturday June 10th & 11th, 2023 to make some cultural crafts and items.
- Join us On the Land: Harvesting Sage Jun-13th & 14th, see the following poster for more details.
- Join us at Central Park on June 21, 2023 for National Indigenous People's Day from 10 am - 3 pm.

# ON THE LAND

JUNE 13TH

JUNE 14TH

## On the Land Cultural Day Harvesting Sage

**Details: Leave at 9:00 am from  
SCFSS Language Nest**

**Bring: Harvesting bag,  
scissors/clippers, sunscreen,  
bug spray, snacks, water  
bottle, chair. Please dress for  
the weather.**

**Lunch will be provided!**

**Questions and/or to coordinate  
rides please contact:**

**Corrina: (250) 315-7386**

**Barb: (250) 315-9178**

**Jason: (250) 315-7472**





# Harvesting



This season we harvest the items below, connect with your knowledge keepers to learn about sustainable harvesting, pronouncing these phrases and the safe uses of these gifts from nature.

Seek out an Elder to share stories of gathering and join us on our next "On The Land" to reconnect with nature and self.



Bitterroot / ʔk<sup>w</sup>épn / spíłəm



Arrow-Leaved Balsam Root / sóx<sup>w</sup>m /



Stinging Nettle / swəíwííqt



Watercress

**"MOTHER EARTH IS NOT a resource, SHE IS an HEIRLOOM"**

**-DAVID IPINA, YUROK TRIBE**



# Community Smiles



"We are grateful our path is woven by our ancestors, through the stories and wisdom of our Elders and guidance of our communities. Healing does not exist in isolation nor silos; it is imperative we draw together in these precarious times as our journey unfolds together with Community."

Lisa Post | Executive Director

We are ALL somebody's seventh generation.







# Scw'exmx Child & Family Services Society

## Mission

We are all somebody's 7th generation. We are committed to work with our communities and Relations to create necessary change to ensure children currently in care have the advocates they deserve and seven generations from now, the need for a child welfare system will no longer exist as our families will be whole and healthy.

## Vision

Work collectively to exercise ne?kepmx and syilx inherent rights as we empower children, young people and families.

## Strategic Directions



## Guiding Values

**LOVE:** Supporting families by loving and nurturing our children

**ACCOUNTABILITY:** We are honest and ethical in all our interactions

**RESPECT:** We role-model respect and actively engage in solution oriented dialogue

**CULTURE & LANGUAGE:** We practice our cultural teachings and identity

**RESPONSIBILITY:** We look out seven generations, doing the right things for the right reasons

**HOLISTIC:** We utilize community driven and strength-based approach

**ADVOCACY:** We advocate for community rights and responsibilities with culturally grounded prevention supports

*We are all somebody's 7th generation*



## Children's Help Line for Children and Youth

Do you need help?

If you don't feel safe, or you have a concern, you can call this number 24 hours a day for free, from any phone.

**310-1234**



## Child Wellness Concern After Hours? Please Call 1-800-663-9122



**Scw'exmx Child & Family Services Society**

**Office Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.**

**Downtown Address: 1988 Quilchena Ave. | Merritt, BC**

**Mailing Address: 1750 Lindley Creek Rd | Merritt, BC | V1K 0A3**

**Telephone: 250-378-2771**

**Fax: 250-378-2799**

**Toll-Free Number: 1-877-378-2773**

**Website: [www.scwexmx.com](http://www.scwexmx.com)**

**Facebook Page: [facebook.com/scwexmxchildandfamily](https://facebook.com/scwexmxchildandfamily)**



**Healthy Children**



**Healthy Communities**



**Healthy Families**