



TSAG PRESENTS

# First Nations Telehealth Network

April 2017

## In This Issue

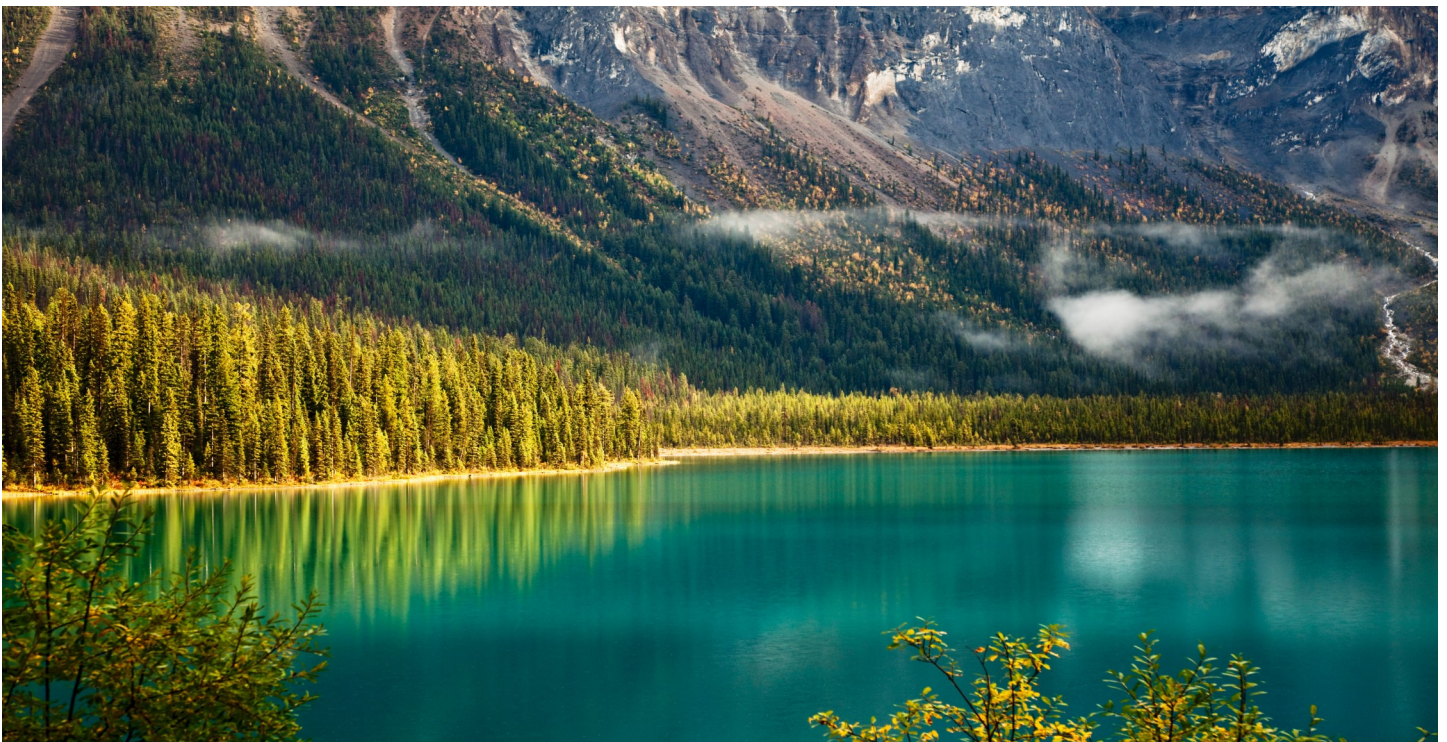
- Upcoming Sessions Calendar
- Upcoming Featured Sessions
- Community Spotlights
- Under the Microscope
- Did You Know?
- Frequently Asked Questions
- Social Media
- Contact Us

This last month we said good bye to Amal Hassen, she has moved onto new opportunities and we here at the First Nations Telehealth Network wish her all the best in her new endeavors.

Despite this, all of our services and planned education sessions will continue while we search for someone to fill the position.

Curious about all the sessions we are hosting this month? You will be able to find out more information about upcoming sessions later on in this newsletter or by visiting our website at <http://www.firstnationsth.ca/>

All the Best,  
First Nations Telehealth Network



# Upcoming Sessions Calendar

May 2017				
Mon	Tue	Wed	Thu	Fri
<b>1</b> Experiences as a Family Counselor & Traditional Counseling	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>8</b>	<b>9</b> Appropriate Use of Antipsychotics Project 101	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> FNTH REC H.E.R. Pregnancy Program: 10 Lessons Learned	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>Notes:</b>	

# FNTN PRESENTS

## **H.E.R. Pregnancy Program: 10 Lessons**

**Date:** May 25th 2017

**Time:** 10:00 - 11:30 am

**Session Description:** The H.E.R. (Healthy, Empowered, Resilient) Pregnancy Program aims to assist street involved pregnant women access health care and social resources. This program operates under a Harm Reduction philosophy and strives to decrease barriers to health care & engage women in their pregnancy.

The goal of this presentation is to share the 10 big lessons we have learned when working with our clientele. This includes discussion around building healthy relationships and working from a strength-based approach. This also focuses on understanding that a healthy woman leads to a healthy baby, whether they're using a substance or not.

**Presenters:** *Morgan Chalifoux*, Team Lead, Pregnancy Support Worker *Ashley Robertson*, RN, BScN, Nurse Educator





# Environmental Youth Camp

**August 20-25, 2017, Centre for Outdoor Education (COE) located 10km west of Nordegg, AB**

Are you interested in kayaking, rafting, and climbing in the Rocky Mountains? If so, First Nations Technical Services Advisory Group (TSAG) Inc. is hosting its Environmental Youth Camp for First Nation students in grades 9-12, and we welcome your application!

**APPLICATION DEADLINE: JUNE 30, 2017**



## How to apply

There is an application and selection process. Students must submit a reference letter from a teacher or other responsible adult (no family members please) and write us a short letter about the following topic:  
What is an ecological footprint? Describe two ways you can reduce your ecological footprint.

Incomplete applications will not be considered. Beyond our enrollment limit (20 participants), qualified applicants will be placed on a waitlist and admitted as places may become available.

We accept up to 3 applicants per Alberta First Nation.

TSAG is covering the cost of the camp. Successful applicants will be sent a list of basic personal items to bring. Lodging and food are provided. There is also a potential for CTS high school credit for participants. For more information and to register, please contact

Eagle Willier at [ewillier@tsag.net](mailto:ewillier@tsag.net) or call (780-483-8601).

**[www.tsag.net](http://www.tsag.net)**



# 14<sup>TH</sup> ANNUAL TSAG FUNDRAISER GOLF TOURNAMENT



Entry Fee: \$1000 per Team. Includes:

- ✓ 18 holes with cart
- ✓ BBQ Dinner
- ✓ Prizes for every Golfer
- ✓ Hole-in-One Prizes
- ✓ Men's and Woman's KP Jackpots

Please Note Venue Change !



First Nations Technical Services Advisory Group Inc.

*"We are a resource for First Nations in Alberta"*

Funds raised go towards supporting TSAG's youth Initiatives in Alberta First Nations. To register a team, sponsor a hole or for more information contact TSAG at 780.483.8601  
Fax: 780.483.8632 Online registration: [www.tsag.net](http://www.tsag.net)

**TUESDAY  
JUNE 20<sup>TH</sup>  
2017**

**REGISTRATION  
7:00 AM  
SHOTGUN  
START:  
8:00 AM**



**THE  
RANCH**

GOLF AND COUNTRY CLUB

52516 Range Rd 262 Acheson  
8.6 km west from Edmonton  
Parkland County Hwy 16A  
Turn left on Range Road 262A  
Pinchback Road





## Under the Microscope with Dr. Sarin

I hope you are enjoying spring. We have been busy supporting a number of very interesting telehealth sessions, most of which have been recorded and are accessible through the Telehealth Portal. Spring-time is one of the busiest times of year for education sessions. The sessions that I have participated in have been well attended. I also note that they are increasingly interactive. I think that means the technology is more familiar and people's comfort level is growing. We do our best to ensure there is time for questions from the attendees. TSAG also addresses written/emailed questions. If they can't answer the question themselves, they will connect with the presenter. Suggestions for topics and presenters are always welcome.

Many communities have questions about clinical telehealth and how it can support their health needs. There is a lot of variability between communities in the number of clinical sessions that they have supported. Most communities have had experience with some type of clinical session and several communities have active partnerships with one or more clinical providers. There are thousands of clinical sessions annually. They are mostly provided by physicians and other health professionals that connect from an Alberta Health Services or Health Canada FNIHB site. TSAG has supported a number of private physicians and mental health professionals with connections from their private offices.

People are sometimes concerned about privacy and telehealth. I wanted to assure you that there are a number of controls in place to ensure the clinical information is protected. These sessions are not recorded. TSAG provides a very secure connection to the Alberta Supernet. Health professionals are responsible to their employers, their professional colleges and to provincial authorities for their record keeping and professional practice. Communities that have a lot of telehealth activity are very positive about the benefits they are seeing, both in terms of improvements in health and reduction in travel time.

These assurances make me and my colleagues very comfortable promoting clinical opportunities with communities. Communities need to work with the provider on scheduling, support, and trouble shooting. Michelle Hoeber and I are available to the communities who want to increase the number of telehealth sessions that are occurring. If you want to do more in this area, please connect with myself and/or Michelle.

Sincerely,

Christopher Sarin MD CCFP FRCPC

## **Video Conference Training**

Are you a new staff member? Are you new to Video Conferencing? Would you like to practice Video Conferencing? Please contact us by emailing [vchelp@firstnationsth.ca](mailto:vchelp@firstnationsth.ca) or by calling 1-888-999-3356 to set up an appointment. Additional training is located on our new training tab, on our website <http://www.firstnationsth.ca/>, and can be accessed any time.

You can learn:

1. How to turn the equipment on and off
2. How to use the video conference equipment (Including remote, camera and microphone)
3. How to make a call
4. How to register for an upcoming session and what to do when registered
5. How to navigate and use the First Nations Telehealth Portal

If you have any further questions please contact our telehealth scheduling team at 1-888-999-3356 (option 2 then 2 again) or by email at [vchelp@firstnationsth.ca](mailto:vchelp@firstnationsth.ca)

### Did you know?

The First Nations Telehealth Network Portal has a large library of archived videos and handouts for public view. If you have ever missed a session or are interested in learning about a topic check our library! The First Nations Telehealth Network has over 90 sessions to view at any given time!

Visit [www.firstnationsth.ca](http://www.firstnationsth.ca) to find our more!

## Frequently Asked Questions

### 1. How do I know that my clinical session remains private?

Clinical Sessions are not recorded by First Nations Telehealth and no data (other than patient count) is recorded. All video conference equipment is encrypted so the network data can not be “hacked” by a third party. Many patients are concerned over the security about other clients “overhearing” their session, the TV and the video conference unit have separate volumes so you can lower the volume on the unit, in some cases you can also ask the Health Centre for headphones so no one else can hear your session. Most clinical sessions should be held in a designated clinical room within the Health Centre, Clinical Cart which has wheels and can (in most cases) be moved to a more private location in the Health Centre.

### 2. I can't attend an education session but I am interested in learning about this topic, what can I do?

All handouts for each session (if available) can be found on our First Nations Telehealth Portal (<http://firstnationsth.ca>) all handouts are kept indefinitely and can be accessed via the archives library on the main page. All recorded videos are edited and posted on the First Nations Telehealth Portal within 2 weeks of the scheduled education session. These videos are also indefinitely archived and can be accessed by visiting the web page.



Have you followed us on Facebook yet?  
Follow us for up to date information on  
TSAG and the First Nations Telehealth Net-  
work as well as receive advertisements on  
upcoming sessions.

LIKE OUR PAGE TODAY!

@FNTSAG





### CONTACT US

First Nations Telehealth Network encourages involvement from all communities and its users. If you have any questions or want to contribute material for our next newsletter, please contact us! Feedback is always welcome.

**Phone:** 1-888-999-3356

**Email:** [vchelp@firstnationsth.ca](mailto:vchelp@firstnationsth.ca)

**Website:** [www.firstnationsth.ca](http://www.firstnationsth.ca)

### Telehealth Scheduling & Admin

Monday-Friday 8:00 am-12:00 pm, 1:00 pm-4:30 pm

