



Welcome

In February, the First Nations Telehealth Network was able to invite several speakers to share some very impactful sessions. We were fortunate to have the Schizophrenia Society of Alberta present a session on schizophrenia facts. Unfortunately we were unable to record this session (at the request of the Schizophrenia Society). If you missed this session and are interested in gaining more information, please contact the Schizophrenia Society of Alberta directly. Our next distinguished speaker was Tom Snow from the Bent Arrow Traditional Healing Society. Tom presented on Historical Trauma: An Indigenous Perspective. This session focused on the history of indigenous people across Canada. This recording will be available shortly on the First Nations Telehealth Portal (www.firstnationsth.ca). The next session in this series is under development right now; Tom is expected to continue his teachings in an upcoming session focused on the 60's scoop. Make sure to sign up to receive notification from the First Nations Telehealth Portal to receive an announcement when the session is scheduled.

Near the end of February, Alberta Health and FNIHB, launched several sessions on AVI Training for nurses working in health center's on First Nations. Be sure to check out our calendar and register for your depot session. These sessions run through until end of March. If you have any questions about these sessions, contact the First Nations Telehealth support team.

News

Newsletter Changes



You may have noticed that the First Nations Telehealth Newsletter has recently been changing it's format. Our team members are currently working on finding a format that is best for users. If you feel like there is valuable information missing or perhaps just something you are interested in, please contact our offices to provide feedback. We will work to incorporate all feedback.

Upcoming Education Sessions

Alberta Aboriginal Performing Arts and Dreamspeakers Film Festival Present: Youth Focus

Date: March 8, 2018

Time: 10:00 am—11:30 am

The First Nations Telehealth Network welcomes Doreen Cardinal from the Alberta Aboriginal Performing Arts (AAPA). Doreen will provide information of the AAPA and the programs offered for youth and the public. Attendees can expect to learn about the AAPA and the Dreamspeakers Festival Society. These organizations showcase some of the young Aboriginal artists on the scene right now. Please join us to learn about these creative programs and resources for artists in your area



FNIHB Presents: Nutrition Month Cooking with the Basic Self

Date: March 14, 2018

Time: 10:00 am - 11:00 am

March is Nutrition Month! Celebrate with the FNIHB Nutrition Advisers as we "Unlock the Potential of Food." For Nutrition Month, each community will receive copies of the Basic Shelf Cookbook. This great resource focuses on recipes that can be made from low-cost nutritious ingredients - The Basic Shelf. These recipes are not only great for people on a budget, but for all who love tasty, quick and easy meals!

Join us to learn about:

- Learn about the Basic Shelf Cookbook
- Pick up ideas on how to use this resource with your nutrition activities
- Watch a fun cooking demonstration by Laurina Eskow, Nutrition Adviser

New Education Recordings



Two new education recordings have been added to the First Nations Telehealth Portal. These videos are:

- FNIHB Presents: Eating for a Health Gut!
- Update on the Joint Action Plan in Alberta (HSIF)

A third video (Historical Trauma: An Indigenous Perspective) is currently in editing process. Don't forget to access the library to find information on any missed sessions.

Program Evaluations



At the end of each FNTN and FNIHB hosted session, the First Nations Telehealth Network sends out an electronic evaluation. This evaluation provides valuable information to the FNTN support team about technical connections and potential topics for education sessions.

FNIHB Presents: Writing an HSIF Letter of Intent

Date(s): March 6, 2018 & March 13, 2018

Time(s): 13:00 - 14:30

The Health Services Integration Fund (HSIF) supports First Nations to implement time limited projects that develop plans, conduct engagement, design alternative models of service delivery, and otherwise increase the accessibility, coordination and quality of health services for their members. The Operations and Support Subcommittee will soon solicit Letters of Intent from First Nations organizations with multi-year or single year project ideas. FNIHB-AB is hosting video conferences on March 6 and 13 from 13:00-14:30 PM to support health organizations interested in submitting Letters of Intent. If you plan to submit a letter of intent, and would appreciate some direction as to what it should look like, please register for this session!



Practicing Safety Around Free-Roaming Dogs for Band Employees

Date: March 15, 2018

Time: 10:00 am - 11:30 am

The First Nations Telehealth Network has invited Alanna Collicutt from the Alberta Spay and Neuter Task Force to discuss working safely in a free-roaming dog environment. Let's reduce the risks of bites!

Key Objectives:

- Proactive tips for visiting homes with free-roaming dogs
- Interpreting common dog body language
- How to reduce the risk of a bite

Alanna has previously presented on Dog Care and Control By-laws as well as Dog Population Management. Both of these previous sessions have been recorded and can be accessed on the First Nations Telehealth Portal library

Session Calendar



Are you interested in attending FREE education sessions? Please visit the First Nations Telehealth Portal to view the Education calendar . You can find all upcoming education sessions on the calendar.

Subscribe Today



Join our electronic mailing list to get the following right to your inbox:

- Weekly emails on recently added sessions
- Registration deadline emails
- Electronic version of the monthly First Nations Telehealth Newsletter
- Important information on sessions or any information on the network itself

Frequently Asked Questions



I am interested in attending a videoconference but I can not attend from my local Health Centre, is there another way I can attend?

The First Nations Telehealth Network offers the ability to connect to sessions via software; this software is called Real Presence. Real Presence can be downloaded to a computer, tablet and/or smartphone*. If you are interested in having this software contact our offices. We will create you an account and help walk you through downloading and using the software.

* Not all computers, tablets and cellphones are compatible. Contact us today to see if your equipment is able to support the software.

Education Requests



The First Nations Telehealth Network provides connection to free education sessions. These sessions are provided by various organizations and include a wide range of topics.

Please contact the First Nations Telehealth Network offices to request any education sessions you might be interested. The Program Analyst will work to find this information for you

We Want To Hear From You!

Community feedback is a crucial part of our services. These comments allow for the First Nations Telehealth Network to provide the best services to First Nations telehealth users.

If you have any information or thoughts you would like to discuss please contact our offices today. We encourage any and all feedback from users.

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