

First Nations Telehealth Network

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Health Fair Information

Is your community health centre hosting a health fair this spring? First Nations Telehealth Network would be happy to participate and share valuable information on Telehealth and TSAG programs.

Telehealth is an easy way to attend clinical appointments without having to travel and leave your community. It also allows health centre staff and community members to attend FREE education sessions. If you are interested in having First Nations Telehealth attend your health fair contact our team at 1-888-999-335



Fentanyl Information Series

**Subscribe to the First Nations Telehealth Portal
for up to date information on upcoming ses-
sions in the Fentanyl Learning Series**

Subscribe at www.firstnationsth.ca



Did you miss the first three session for the Fentanyl Information Series? Don't worry! These sessions have been recorded and are available to view on our website. Visit www.firstnationsth.ca to view the recordings or click on the link below to view the videos. Make sure you don't miss the opportunity to attend videoconferences; subscribe to our website today to receive reminders on upcoming sessions.

Alexis Nation Health Fair



Congratulations to Deana Alexis for taking home our door prize! Deana won a large Crockpot and cookbook. Happy cooking!

On April 7th, First Nations Telehealth Network was happy to participate in the Alexis First Nation Health Fair. First Nations Telehealth Network was on-site to present and provide information on Telehealth.

Michelle Hoeber (Videoconference & EBusiness Solution Analyst) and Brittani Norstrom (Telehealth Scheduling & Support) were on-site to answer all community member questions. Throughout the day, community members and health centre attendees were able to look at a demo unit of the RealPresence software. This software allows for videoconferencing services on any smart phone or tablet. Participants were given a brief and specific breakdown of Telehealth including: Types of sessions, accessing the website, how to view videos and view advertisements of upcoming sessions.

A big thank you to Alexis First Nation for having the First Nations Telehealth Network on-site to participate in this wonderful event.

If you would like First Nations Telehealth Network to participate in your upcoming Health Fair please contact us at 1-888-999-3356 or at vhhelp@firstnationsth.ca



Derek Potts and his daughter taking time to test out the Telehealth equipment and learn about the benefits of Telehealth!



Upcoming Featured Sessions

Developing Frontline Skills around Psychosis, Substance Use, Mood Disorders, Self-Harm/Suicidality and Self Care

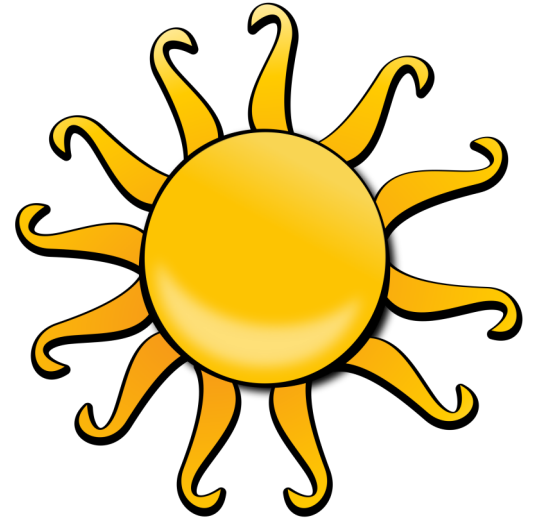
Date: May 18, 2016

Time: 9:00-1130

Target Audience: New or under 2 year nurses, allied health professionals and of interest to experienced staff and clinicians.

Presentation Goals

- 1) To broaden understanding of Front Line Skills and Strategies
- 2) Enhance knowledge of helpful techniques when working with individuals presenting with symptoms of psychosis, substance use, mood disorders and self-harm/suicidality
- 3) Networking with fellow Mental Health and Addictions Professionals.



Upcoming First Nations Telehealth Network Sessions

FNTN and Little Warriors Present:

Learning about Little Warriors-Who We Are and What We Do

Session Description: Little Warriors is a national, charitable organization based in Canada committed to the awareness, prevention and treatment of child sexual abuse. The Little Warriors team will provide more information about those three commitments and how that information can benefit your own community.

Learning Outcomes:

- To gather more information about the prevalence and frequency of child sexual abuse and healing and support resources
- To learn more about the treatment through the **Be Brave Ranch** for children between 8 and 12 who have been sexually abused



To find out how to access the Little Warriors workshop called **Prevent It!** that educates adults on how to take action to stop child sexual abuse

Speakers: Little Warriors Team

Under The Microscope With Dr. Sarin



Welcome back to *Under the Microscope*. In last month's newsletter we discussed the fentanyl crisis and the province wide Take-Home Naloxone program that is intended to reduce the rate of Opioid overdose deaths. I am pleased to report that the Fentanyl Information Series has been very well attended so far, and feedback is positive. In the first three sessions, we received up to date information from Alberta Health Services (AHS) and Alberta Health on the Fentanyl crisis and the role of the opioid antidote naloxone. We had the opportunity to address community questions about how to access Take-Home Naloxone kits. I know that many communities have additional questions and we are planning additional sessions for May.

One very important question that came up relates to a synthetic opioid called W-18. There was a recent seizure in Edmonton of a large quantity of this drug and considerable concern that it could appear in street-level drugs. W-18 is a synthetic opioid that has been described as 100 times more toxic than fentanyl. Unlike fentanyl, it has no clinical application, and it has not been previously associated with overdose deaths in Alberta. The issue of grave concern is that W-18's overdose risk is considerably higher than that of fentanyl. Health authorities in Alberta are on high alert, watching for an increase in the number and/or severity of opioid overdoses. Fortunately this has not occurred to date.

What can communities do to respond to this latest information? One of the most effective approaches to opioid addiction is called harm reduction. Harm reduction is an approach that engages drug users where they are at, in a supportive and non-judgmental fashion. It does not demand total abstinence from a substance. Rather, the approach allows for interventions to decrease the harmful health effects associated with drug use, including the overdose risk and the transmission of HIV and other infectious diseases. Education and awareness are key components of harm reduction. The distribution of Take-Home Naloxone is one example of a harm reduction intervention. The use of medications to treat opioid addiction, such as methadone and buprenorphine (Suboxone), are also harm reduction interventions.

Our plan is to address harm reduction in greater detail in a future information session. Of note, the province's harm reduction agencies have been very active in the Take-Home Naloxone program, and many of the agencies have expanded their presence on reserve.

Information on the upcoming Fentanyl Information Series will be sent out to our Telehealth contacts as soon as the session date is finalized.

First Nations Telehealth Network is....

Technical Support

First Nations Telehealth Network is supported through the hard work of the technical department of TSAG. All though the IT department is comprised of a small team, it is a team that works hard to troubleshoot any and all technical problems. TSAG Help Desk Support takes phones calls for various technical problems, anywhere from videoconference support, password resets, computer troubleshooting or entire province wide network connectivity. They are available for support Monday to Friday and can be reached via the TSAG Help Desk line at 1-888-999-3356.

There is more to the IT department than troubleshooting pieces of technology, there is also the administration and program coordination department. The videoconference administration team works hard to coordinate and organize all video conference activities in the communities. This includes: training, coordination of new equipment, asset management and program coordination. Although First Nations Telehealth Network does not create and deliver programming, the staff works hard to partner and coordinate with agencies who can deliver requested programs.



First Nations Telehealth Network 

Video Conference Site Directory

Where are you	Who are you connecting too	Use this connection information
A site listed on this sheet	Another site listed on this sheet	First Nations Telehealth Network connection information
A site listed on this sheet	An Alberta Health Services (AHS) or Government of Alberta Site	Provincial Network connection information
A site listed on this sheet	A site not listed on this sheet AND you are not at an AHS site or Government of Alberta site.	Please dial 1-888-999-3356 for connection information and support
An Alberta Health Services (AHS) or Government of Alberta Site	A site listed on this sheet	Provincial Network connection information
A site not listed on this sheet AND you are not at an AHS site or Government of Alberta site.	A site listed on this sheet	Please dial 1-888-999-3356 for connection information and support



First Nations Telehealth Network
1-888-999-3356
vhhelp@firstnationsth.ca

First Nations Telehealth Portal

The First Nations Telehealth currently has over 81 videoconference endpoints on the network. Over time the equipment has gone through upgrades and a few changes here and there. We have updated some of the contact information for the videoconference systems. For an up to date list of all the sites and their contact information please visit the First Nations Telehealth Portal for our up to date directory. On this directory you can find the Health Centre Phone Number as well as the dial strings for all of the endpoints. You can visit our website at www.firstnationsth.ca

Telehealth Word Search

This month's word search is about education! Telehealth offers a wide variety of free education for anyone to access. See our website for more information on upcoming education sessions.

Happy searching!

T E D U C A T I O N
W E L L E B E R P C
H E C E E T Y A C L
R T R H H A R N A I
O F W I N E R F R N
U V C O N O U N E I
N S T T R N L K E C
D K I Y E G U O R A
S N H T L A E H G L
G L Y N A T N E F Y

Career	Health
Clinical	Learn
Education	Parenting
Ethics	Rounds
Fentanyl	Technology
Free	
Fun	
Growth	

Fill In The Blank

T_ke Ho_e N_lo_on_

HINT: This is the name of the second session in the Fentanyl Learning Series



Questions Corner

First Nations Telehealth Network is happy to introduce its Sr. Network Manager, Gerard Beekmans. Gerard has worked with the network for more than 6 years! Read below to find out more about Gerard.

What is your role within First Nations Telehealth Network?

My role within Telehealth is the Network Manager as well as the Team Lead for the Support and Bridge Operators. Network management involves ensuring connectivity is available whenever Telehealth sessions are in progress, keeping up with security practices and providing technical support whenever necessary.

What do you think the benefits of Telehealth are?

I see the benefits of Telehealth as being able to connect patients with doctors quicker and easier than ever before. The patient is able to attend clinical sessions without having to worry about leaving the community and planning for all of the stress that comes with travel.

The other clear benefit is the ability to provide quicker response to all manner of crises. Being able to connect with just about any nurse and doctor regardless of their location in the province -- be it a major city or small town in the middle of nowhere -- and get them all on a province wide videoconference to discuss issues such as an H1N1 outbreak or recent issues surrounding Fentanyl has proven to be very useful.

What is your favorite Dutch tradition and why?

My favorite Dutch tradition is the *Sinterklaas* tradition which is held on December 5th. This figure is the basis of what in the Middle Ages eventually evolved into the North American *Santa Claus* tradition with ties to modern day Christmas celebrations (in terms of exchanging gifts and such). The best part of being Dutch is that some families, including my own, celebrate both *Sinterklaas* and as well as Christmas. This means twice the gifts, twice the candy and twice the holiday parades and activities in December. What child wouldn't love that? I sure did.



Find us on
Facebook

Follow Us On Facebook!

Keep up to date on upcoming videoconferences and important announcements just by following us on Facebook! The First Nations Telehealth Network is proud to partner with First Nations Technical Services Advisory Group Inc. You can now find information on Telehealth through the First Nations Technical Advisory Group Inc. Facebook Page. Click on the link below to view the page. Don't forget to Like the page!

2016

13th Annual TSAG Golf Tournament Fundraiser

Wednesday, June 22nd, 2016
Cougar Creek Golf Resort
2519 - Highway 1b
Carvel, Alberta

Registration: 7:30 AM
Shotgun Start: 8:30 AM

Entry Fee: \$1000 per Team
Includes:
18 holes with cart
BBQ Dinner
Prizes for Every Golfer
Hole-in-one Prizes
Men's and Women's KP Jackpots



First Nations Technical Services Advisory Group Inc.
We are a resource for First Nations in Alberta

Funds raised go towards supporting TSAG youth initiatives in Alberta First Nations
To register, sponsor or for more information contact TSAG at 780.483.8601

Technical
Group Inc.

CALL FOR SPONSORS & REGISTRANTS!

All proceeds go to TSAG Youth Initiatives for Alberta First Nations, including our 8th Annual Environmental Youth Camp!

SPONSORSHIP OPPORTUNITIES:

- Hole sponsors
- Eagle, birdie, and hole-in-one sponsors
- Lunch sponsors



We are also seeking **GIFT CERTIFICATES** and **MONETARY DONATIONS** to purchase great prizes for each hard-working golf team!

To become a sponsor today, call TSAG at 780.483.8601

We Want to Hear From You!

First Nations Telehealth Network encourages involvement from all communities and its members. 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

Telehealth Scheduling & Admin

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

Telehealth Bridge & Technical Support:

Monday – Friday 8:00 am-5:00 pm

