



TSAG PRESENTS

First Nations Telehealth Network

Over the holidays, the First Nations Telehealth Network remained hard at work to offer connectivity to First Nations communities. During the holiday break there have been some changes in connection information for sites located on our network. Visit our First Nations Telehealth Portal where you will find an update to date directory of all sites on our network, including the connection information.

February is shaping up to be a very busy month for video conferencing. With the third installment of the Telehealth Speaker Series and several other First Nations hosted sessions, this month is sure to be a very educational month. On February 17 be sure to register for **Aboriginal Perspective Pertaining to Water as a Healer**. This session is presented by Francis Whiskeyjack and will focus on water and it's integral part in Aboriginal culture and ceremonial practices. Or perhaps tune in to the Social Media Discussion for Nurses. This session is presented by CARNA and FNIHB and will focus on the expectations around the use of social media. You will find more information about upcoming sessions later on in this newsletter. You can also visit our website at <http://firstnationsth.ca>

Wishing you a very Happy New Year,

Sincerely,
First Nations Telehealth Network

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The year 2016 is displayed in a large, stylized font where each digit is composed of multiple overlapping, semi-transparent geometric shapes in various colors including red, orange, yellow, green, and blue.

H A P P Y N E W Y E A R

Upcoming Speaker Series Sessions

Aboriginal Perspective Pertaining to Water as a Healer

Date: Wednesday February 17, 2016

Time: 10 am - 11:30 am

Presenter: Francis Whiskeyjack



Water plays an integral part in Aboriginal culture and ceremonial practices, especially in relation to healing. Join us as Francis Whiskeyjack helps us learn about water from the Aboriginal perspective. There will also be an opportunity for questions at the end so come with any questions you may have.

ATTENTION ALL TELEHEALTH USERS !

Do you want to be featured in our Telehealth Newsletter? First Nations Telehealth Network is looking to highlight a community and the successes Telehealth has brought. We invite Telehealth users to send us their positive stories and opinions on Telehealth. If you are interested in being a part of the newsletter contact us at 1-888-999-3356 or by email at

vchelp@firstnationsth.ca

Upcoming Featured Sessions

FNIHB and CARNA Present: Social Media Discussion for Nurses

Date: February 5, 2016

Time: 9:00 - 10:30 am

Presenters: Barb Perry (CARNA) and Erin Turcotte (Communications and Public Affairs Branch. Health Canada)

About the presentation:

CARNA and FNIHB will present on expectations around the use of social media.

FNIHB and AHS Present: Community Treatment Orders

Date: February 8, 2016

Time: 9:00- 11:00

About the Presentation:

Community treatment orders (CTOs) are a new approach in Alberta and were implemented in January 2010, which expanded addiction and mental health service options available to patients and healthcare providers. CTOs are intended for persons with serious and persistent mental disorders who have demonstrated that without community treatment and support, they will experience recurring relapses and hospitalizations - frequently as formal patients. The purpose of CTOs is to provide these individuals with the particular treatment and care they require in the community thus breaking the cycle of admission-discharge-readmission.

Presenter: Shannon Wilkie RPN, AHS Provincial CTO Coordinator, Mental Health & Justice Initiatives

Orientation and Feedback Session: Chronic Disease Prevention Evidence Table and Alberta First Nation Easy Evaluation For Community Health Programs

Date: February 12, 2016

Time: 9:30 - 11:30

About the Presentation:

Come and learn about two new tools that have been developed:

- 1) Chronic Disease Prevention Evidence Table
- 2) Alberta First Nation Easy Evaluation for Community Health Programs.



Upcoming Featured Sessions

Harm Reduction: Alberta Health Services Telehealth Learning Series

Date: February 24, 2016

Time: Noon - 1 pm

Harm Reduction is a practice which aims to reduce the consequences associated with harmful practices when a person is unable or unwilling to help themselves. It is primarily focused on substance abusing populations and the damages that result from that use. This session will explore Harm Reduction, how it is applied in an urban setting, and will also address some of the substance abuse crises in Alberta.

Obesity in Children and Adolescents: The Role of Parents and the Family

Date: February 25, 2016

Time: 11 am - 12:30 pm

Participants will learn:

- Obesity is a complex chronic disease
- The role of parents and family on influencing food choices and body image

Audience will leave with action strategies to help in the management of weight and health

Video Conference Training

First Nations Telehealth Network is happy to provide another round of training for all video conference users. This training is great if you are new to video conferencing or if you just need a refresher on using the equipment. The training will be done over the video conferencing equipment so you can gain firsthand experience.

Learning Outcomes

1. Learn how to turn the equipment on and off
2. Learn how to use the video conference equipment (Including remote, camera and microphone us)
3. Learn how to make a call

4. Learn how to register for upcoming session and what to do when registered

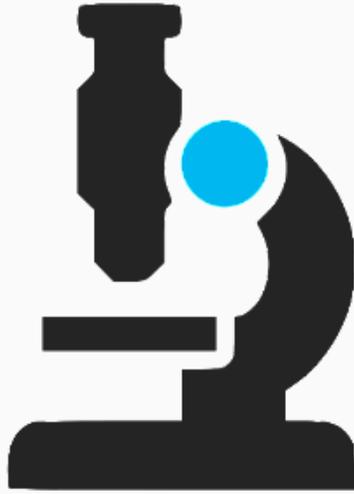
5. Learn to navigate and use the First Nations Telehealth Portal

How to register

1. Book your video conference room at your health centre
2. Click on the link below and fill out all of your information

If you have any questions please contact our telehealth scheduling team at 1-888-999-3356 (option 2 then option 2 again) or by email at

ychelp@firstnationsth.ca.



Under The Microscope with Dr. Sarin

This is my second column and I am pleased to be invited back! In the previous newsletter I discussed concepts of connectedness and well-being. It is our hope that Telehealth can increase well-being by increasing access to health information and supports not currently available on reserve. In Alberta, Telehealth has connected patients to their physicians, Health Centre staff to educational and training sessions, and FNIHB staff to the communities. There are many examples out there that illustrate how Telehealth can be used. In this column I will discuss its use to share information about important public health issues in Alberta.

During the week of January 25th Alberta Health Services offered 4 Fentanyl learning sessions that were very well attended by First Nations. Overdose deaths related to the use of illicit Fentanyl have increased dramatically in the past year and there are many First Nations being impacted. It is important that First Nations have the most up to date information on the risks of Fentanyl and are aware of how to participate in the response. Coming up in February are a number of very interesting Telehealth sessions being offered that are supporting health staff working in the communities. They are related to diverse topics ranging from Aboriginal perspectives on the healing power of water, to an Immunization program update for health staff. We are very pleased to offer and at times co-develop sessions based on community requests.

I hope many of you have the opportunity to attend these sessions and that you are getting quality information that supports your work in the communities. We are always open to feedback and suggestions. If you miss a session, they are commonly recorded and available on the Telehealth portal to be watched any time. The best place to go for information on the Fentanyl response is on the Alberta Health Services website, www.drugsfool.ca. We know there may be issues connecting in or difficulties being heard at times in large telehealth sessions. Don't worry! The TSAG Telehealth team can help you plan specific sessions for your community if you are interested. They work with FNIHB program areas and communities directly to find presenters or link to sessions currently being offered. If you have connections you want to make, we want to help you.

Thanks for your interest in Telehealth. In next month's column, I will discuss some of the top clinical uses of Telehealth in Alberta.

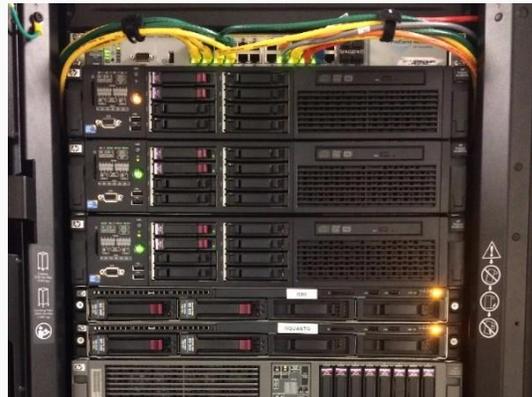
Stay connected!

[Ask Dr. Sarin a Question](#)

The First Nations Telehealth Network is.....

Connectivity

The First Nations Telehealth Network is managed and controlled out of the Network Operations Centre (NOC). The NOC contains all the pieces of equipment (and staff) that help manage everything Telehealth related. This includes the various servers, routers and other network equipment; all of which work together to move data quickly and securely.





First Nations Telehealth Portal: How to Book a Session

1. Visit our webpage at www.firstnationsth.ca
2. On the Home Screen select Request a New Session
3. Fill out the required information
4. Once your request is submitted and approved, you will receive a confirmation email
5. To view your scheduled session select the calendar tab on the Home Page and select the calendar you wish to view.

When should I book my session?

If you require a Bridge connection (these are sessions requiring 3 or more sites) we ask that you book a minimum of 3 days in advance. If you are just participating in a site to site meeting, we ask a minimum of 24 hours in advance.

What types of sessions can I book on the First Nations Telehealth Portal?

You can book Education sessions, Invite Education sessions and Meetings. If you are wanting to book a clinical session please call our scheduling team at 1-888-999-3356 option 2 then option 2 again.

Questions Corner



First Nations Telehealth sat down with Don Ginther to discuss his role within the First Nations Telehealth Network. Read below to find out more about Don!

What is your role in the First Nations Telehealth Network?

My role in the First Nations Telehealth Network is to work with both our clients and our funding partners to ensure TSAG is always delivering exceptional Telehealth services that exceed everyone's expectations. My role is also to manage and support the amazing talent we have working within the program. The team we have is exceptional and always committed to going the extra mile. This shows in the growth and positive feedback we continue to experience in the program.

What do you think the benefits of using Telehealth are?

I believe one of the most important benefits of Telehealth is making the access to specialized healthcare easier for our clients. The program has seen great improvements in the number of clients able to receive specialized care remotely via video conference. The Telehealth team are constantly working with vendors to find new and innovative ways to interact with our clients. When you think of all the travel and time away from family that has been avoided for each of those appointments it is easy to see why many providers are looking for ways to better incorporate Telehealth care into their portfolio.

What is one of your most memorable moments (story or memory) of being a parent?

I don't even know where to begin! From being pooped and peed on...to not sleeping a whole night for the first few years it just sort of melded into these two unique individuals that have their own very strong opinions. A memorable moment from the past year was when my daughter said she needed an empty Kleenex box for school. A few days later I noticed the same box still in her backpack but now it was filled with little pieces of paper. When I asked my daughter about the box she said was a recess project her and a couple friends were working on – a “Box Of Inappropriate Words”. It was quite hilarious reading through some of the entries and we were relieved to see that her range of inappropriate words is quite small. Needless to say we saved the box and plan on it reappearing at her wedding someday in the distant future.



First Nations Technical
Services Advisory Group Inc.

TSAG is an organization created by the Chiefs of Alberta and is here to provide technical support and training to First Nations in the treaty 6, 7 & 8 regions. TSAG is a not-for-profit First Nations organization. Our purpose is to assist Alberta First Nations gain the proper tools and knowledge that will help to achieve and maintain high standards in technology and services within the community.

We invite you to Like us on Facebook and visit our website to get the latest TSAG news. Click on the icons below to contact TSAG by email (comm@tsag.net) and link to the website (www.tsag.net) or Facebook page (www.facebook.com/FNTSAG).



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: ychelp@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

[Click to Provide Feedback or Contact Us](#)

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First Nations Telehealth Network

vhelp@firstnationsth.ca

1-888-999-3356

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