

NLAKA'PAMUX NATION HEALTH SERVICES

Health & Support Services Resource List – Nlaka'pamux Territory

This list will continue to be updated as new or changes in resources become available and will be posted on our website once online. If anyone would like an agency or program added or if you see something that needs to be changed, please contact Bernadette Collins 250-315-5227 or email Bernadette.collins@fnha.ca. Thanks!

Name:	Position/Office:	Contact #	Email:
Mental Wellness and Counsellors			
Elizabeth Perdok-Waboose	NLX Nation - Adult Mental Health Clinician	250-378-9745	Perdok-waboose.e@schss.com
Wanda	NLX Nation - Adult Mental Health Clinician	250-378-9745	Dexel.w@schss.com
Deanne WolfEar	NLX Nation - Child and Youth Mental Health Clinician	250-378-9745	Wolfear.d@schss.com
Diane Lepine-Thomas	SCHSS - Mental Health and Wellness Training	250-378-9745	and@schss.com
May Gilbert	SCHSS - Addictions Counsellor	250-378-9745	Gilbert.m@schss.com
Doreen Jules	SCHSS - Addictions Counsellor	250-378-9745	Jules.d@schss.com
Christine Upfold	LNIB - Mental Health Worker	250-378-4889	cupfold@lnib.net
Matilda Brown	LFN - Mental Health Worker	250-455-2115	matilda@lyttonfirstnations.com
Harvey Dunstan	HHSS - Mental Health Worker	250-458-2212	Harvey.dunstan@hhssbc.ca
Lee Anne Hunsbedt	FTISS - Mental Health Worker	250-455-2772	maisy@telus.net
Jacqueline Merritt	SCFSS - Child and Youth Care Worker	250-378-2771	Youthcareworker@scwexmx.com
	Merritt Mental Health	250-378-3401	
Merritt Counselling - Ben Myrick	Services Merritt area (off reserve) By appointment	(250) 378-5152 toll free: (855) 443-5123	benmyrick@hughes.net
	Lytton Mental Health	250-455-2216	
	Ashcroft Mental Health	250-453-2211 Toll-free 1-877-499-6599	
Jim Laidlaw	Phoenix Centre - Adolescent Addictions Outreach Worker Phoenix Centre also provides one-on-one and	Merritt cell 250-315-8414 Merritt Office 250-378-1407 Kamloops 250-374-4634	Jim.laidlaw@phoenixcentre.org http://www.phoenixcentre.org/about

	group counselling for youth and their families via the Raven Program. Osprey Place offers day programming for adjudicated youth (referrals via Ministry for Children & Family Development) and Adolescent Outreach provides support & counselling to youth in schools and community. Operates 24 hours a day, seven days a week providing a medically safe program for clients to detox from alcohol and other drugs.	1.877.318.1177	
Jann Derrick	Registered Family Therapist – Four Winds Wellness Centre	250-374-7709	fourwinds@telus.net
Health Leads			
Bruce Hiebert	Kanaka Bar Indian Band		healthdirector@kanakabarband.ca
Theresa Michell	Kanaka Bar Indian Band		healthofficer@kanakabarband.ca
Andrea Elliott	Hesk ^w en ['] scutxe Health Services Society (Siska Indian Band & Cook's Ferry Indian Band)		Andrea.elliott@hssbc.ca
Sherry McIntyre	Skuppah Indian Band		Sherrymc68@shaw.ca
Cassie James	Tl'kemsin Health Centre	250-455-2115	cassiej@fnhealth.com
Arlene Edwards	Skeesht Health		An.edwards.13@gmail.com
Christine Upfold	Lower Nicola Health		cupfold@lnib.net
Charlene Pittman	Ashcroft Health		cpittman@ashcroftband.ca
Lee Anne Hundsbet	FTISS		FTISShealth@gmail.com
Jim Adams	Scw'exmx Community Health	250-378-9745	Adams.j@schss.com
First Nations Health Benefits covered Counsellors: (out of town clinicians may be available to travel to Merritt, Lytton, Ashcroft)			
Interior Health			

Collins Swan	Emergency Management		
IRSSS	Indian Residential School Survivors Society		
Cindy Tom-Lindley	Resolution Support Worker	1-800-721-0066	reception@irsss.ca
FNESS	First Nations Emergency Services Society		
Dave McCauley	FNESS – Emergency Response Officer	1-888-388-4431 250-378-7296 cell	dmccauley@telus.net
Family Supports			
	ASI Family Support Worker		
The Nzen'man' Child and Family Development Centre Society	Offers programs and services to children and families within the Nlaka'pamux Nation.	(250)455-2661	info@nzenman.org
	Administration Program Contacts	(250)455-2661	romona@nzenman.org
	Nicole Williams – Home Visitor – Prenatal Outreach	(250)455-2661 ext. 224	nicole@nzenman.org
	Michele Swan – Home Visitor – Infant Development	(250)455-2661 ext. 225	michele@nzenman.org
	Karen Kimble – Home Visitor – Infant Development	(250)455-2661 ext. 226	karen@nzenman.org
	Nzen'man' Child Care Programs	(250)455-6673	angie@nzenman.org
	Nzen'man' Aboriginal Infant Development Program Office – (Merritt)	(250)378-8333	nzenmanaidp@telus.net
Cultural Supports			
IRSSS Cultural Supports	Indian Residential School Survivors Society	604-916-2871 Toll-free 1-866-925-4419	angelawhite@irsss.ca
Policing			
RCMP	Emergency's 911	250-378-4262	

Crisis Lines & Health Lines			
Interior Health	All ages Crisis Intervention/Suicide 24 hr line	1-800-784-2433 (1-800-SUICIDE)	
IRSSS	Crisis Support 24/7	1-866-925-4419	http://irsss.ca/contact-us/staff-bios/
Kuu-us	Crisis Support 24/7 Anywhere in BC, crises related to residential school, child welfare, addiction, health concerns, divorce/separation, suicide ideation/survivorship, grief/loss, crime, abuse, peer pressure and financial distress.	1-800-588-8717 (1-800-KUU-US17) Adult line 250-723-4050 Youth Line 250-723-2040	http://www.albernihosting.com/kuu-us/
BC Nurses Line	24/7 Support	811	
Kids Help Phone Line	BC Region – also across Canada	1-800-668-6868	http://org.kidshelpphone.ca/about-us/regional-information/british-columbia/
Native Youth Crisis Hotline	24/7 throughout Canada and US	1-877-209-1266	
Youth in BC	24/7	1-866-661-3311	www.youthinbc.com
Centre for Suicide Prevention	For information, research and links to national distress websites		www.suicideinfo.ca
Trans Lifeline		1-877-330-6366	www.translifeline.org
Mental Health Information Line	24/7/365 empowering emotional support, information on appropriate referral options and a wide range of support relating to mental health concerns	310-6789 (no area code needed)	www.heretohelp.bc.ca
Honouring Life Network	Your Source for Aboriginal Youth Suicide Prevention Resources		www.honouringlife.ca (info only)
	Complete list of crisis numbers		www.crisislines.bc.ca
Health Supports			
Gloria Big Sorrel Horse	Aboriginal Patient Navigator – Kamloops Hospital	250-319-5420	Gloria.bigsorrelhorse@interiorhealth.ca
Debra Donald	Aboriginal Patient Navigator – Kamloops Hospital	250-319-5420	Debra.donald@interiorhealth.ca
Jane Taylor			
Julia Walker	Nurse Practitioner, Merritt	250-378-5107	
Joslyn Rohed	Nurse Practitioner, Merritt	250-378-5107	
Rebecca Tottenham	Public Health, Merritt	250-378-3400	

	Public Health, Lytton		
	Public Health, Ashcroft		
	Ashcroft Hospital and Community Health Care Centre	250-453-2211 Toll-free 1-877-499-6599	
Kurtis Minay	Family Support Worker, ICS		
Health Practitioners			
Dr. William Edmonds	General Family Practice, Merritt	250-378-5115	
Dr. Mark Fenrich	General Family Practice, Merritt	250-378-6222	
Dr. Laura Gilbert	General Family Practice, Merritt	250-378-6222	
Dr. William Hall	General Family Practice, Merritt	250-378-6222	
Dr. Brian Josephson	General Family Practice, Merritt		
Dr. Donald McLeod	General Family Practice, Merritt	250-378-5115	
Dr. Duncan Ross	General Family Practice, Merritt	250-378-5115	
Dr. Paul Simon	General Family Practice, Merritt	250-315-1455	
Dr. Drew Soderberg	General Family Practice, Merritt	250-378-6222	
Dr. Errol Van Der Merwe	General Family Practice, Merritt	250-378-6222	
Dr. Charles Hoffe	General Family Practice, Lytton	250-455-2202	
Youth Supports			
Lucy Henry	Scw'exmx Community Health	250-378-9745	
Darlene Rodominski	Scw'exmx Community Health	250-378-9745	
Charlene Joe	Conayt Friendship Society	250-378-5107	
Robin Humphrey	Cultural Youth Support Worker - Scw'exmx Child and Family Services	250-378-2771	
Health Links BC	<ul style="list-style-type: none"> • registered nurse any time, every day of the year; • registered dietitian from 9am to 5pm PST, Monday to Friday; • qualified exercise professional from 9am to 5pm PST, Monday to Friday; • pharmacist from 5pm to 9am PST, every day of the year. 	8-1-1	

