

Lytton First Nation

AUGUST NEWSLETTER

Newsletter Departments

- Vicky Ford, Administration
- Bobby Jumbo, Finance Manager
- Pauline Charlie, Membership
- Amanda Adams, Education
- Cheryl Jumbo, Social Development
- John Sam, Economic Development
- Health Department Info.
- Lytton Restorative Justice
- Community News

Happy Canning everyone!
I hope everyone is getting their
quota of fish for the winter.



Lytton First Nation

CLOSED – Thursday, August 11, 2022 - Re-open Friday, August 12, 2022

CLOSED Thursday, August 25, 2022 – Re-open Friday, August 26, 2022



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Lytton First Nation

August Administrator Report:

We are in survival mode again – (and still in progress for some) with the latest fire that took more of our community members homes. Such a difficult time for those who are managing on a daily to face the new reality of being displaced. Emergency Services Supports (ESS) are in place for each one. If you need anything, contact: Michelle Machele, or Bobbi McKay.

Please feel free to contact any of the managers at (250) 455-2304 if you have a specific question or concern. If you are not sure who to talk to, the receptionist will be happy to help find the right department manager who will contact you.

Current job postings:

Communications Manager: Education Manager: Restorative Justice Reception: Housing Manager: Health Director: Community Health Representative: Health Clerk: Capital Manager: Elders Driver/Coordinator: (some interviews in process)

Please check the Facebook or the LFN Website for details of the above employment opportunities at www.lfn.band

New Hire:

Vincent Abbott started employment with LFN as the N.A.D.A.P. worker, please reach out to Vincent for support if you need or know someone who needs support with alcohol or drug addiction. (250) 942-9170. Vincent will be working with Harvey Dunstan to provide additional support to the community.

Welcome back:

Please join me in giving a warm welcome back to Sara Dunstan who is returning from an 18-month maternity leave. Congratulations on your newest addition, and we look forward to you connecting back with the community and providing the supports where needed.

Bridge workers:

Big thanks to the bridge workers who were willing to assist at the foot bridge to help with groceries, fuel, and other supplies during the recent ferry closure, even during the heat wave. You are appreciated!

EOC Team:

Gratitude for the EOC team who have worked hard to provide the necessary support for the recent fire. Including all the supports at the NzeekzAhhn Hall.



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WEBSITE www.lfn.band

Reported concerns being addressed:

- Serious dog problem reports on West side – contact Jacquie Raphael for update
- Septic tank overflow issues – exciting news that O&M now have the septic truck – contact Christine, O&M office assistant to be put on the list to have your septic tank pumped out
- Senior's complex renovation concerns – looking for renovation contractors – contact Cheyanna

Elders support:

It is great to see the elders van in use for recent trips to Gw'sep farmers market, Spence's Bridge gardens, fish camp at Skuppa, Kamloops shopping trip, and our closest Lillooet shopping trips. Sign-up sheets will be going out for the next Kamloops trip on August 29, 2022, leaving seniors complex at 8:00 a.m.

Recovery Stage:

For an update on what stage the Recovery is, tune in on Tuesday Night Town Hall that takes place weekly at 7:00 p.m. The Town Hall meeting has all the latest information on the monumental rebuild that is going on here in the community. It also allows for question-and-answer time at the end of the presentations.

You can find the link to this Online ZOOM Town Hall meeting at www.lfn.band and on the LFN membership Facebook page.

In closing:

I would like to express sincere condolences to the families affected by recent family loss, the passing of loved ones is never easy, and the prayers of the community are with you. Some are only recently being able to have services for their loved ones. Prayers for peace and strength for all families.

Take care,

Vicky Ford, Administrator

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WEBSITE www.lfn.band



Lytton First Nation Finance Department
shchequAytwuh August 2022 Newsletter
250-455-2304



Bobby L Jumbo – b.jumbo@lfn.band – Caroline Sam – c.sam@lfn.band
Cheyanna Hanna – c.hanna@lfn.band – Mindy Moody – m.moody@lfn.band

Summer Greetings from the Finance Department

Hello, hope things are going well with you and your family and you are staying safe and in contact. As usual the finance team has been very busy within our department. We've had several finance committee meetings and following up with deadlines for reports and funding agencies etc.

Year-End Audit

In the last newsletter I mentioned that the audit was going to be in June 2022, but it was a typo and was supposed to be Jul/Aug 2022 sorry for the typo, I know everyone was looking forward to the auditors being here.

Finance Committee

We've had a few finance committee meetings to review new-year budgets and requests from outside agencies for donation requests etc. Our next scheduled finance committee meeting is on July 13, 2022 (*postponed*)

Aboriginal Day June 2022

We had a great turnout for the Aboriginal Day activities; there was face and rock painting for the kids at heart. Indian Bingo for the kids, pow-wow music playing in the background. There were take-home coloring sheets and a Nlaka'pamux word search.

There was also a Chili and Bannock contest, gratitude to the judges on their well-seasoned palates, just like Iron Chef Judges 🍳 they took their roles very seriously.

Everyone enjoyed hamburgers & hotdogs prepared by the BBQ Cooks, much appreciated. They also were able to enjoy the Chili and Bannock provided by the entrants after the judging took place.

After things settled down a little bit, we had bingo games for the adults with various prizes; you could hear a pin

Aboriginal Day Festivities continued...

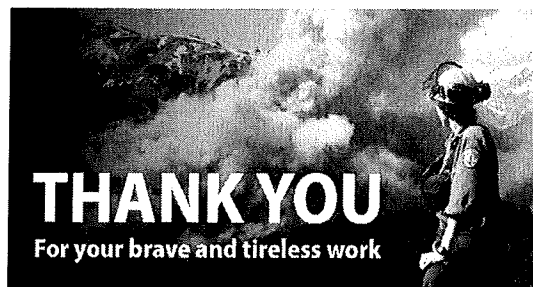
drop at times. Bingo players eyes down, anxiously waiting for their numbers to be called.

Many thanks to all that participated, Social Development for shopping for the Indian Bingo prizes and bingo prizes. Cheryl Webster & crew for going out and shopping and picking up supplies etc. O&M for their support with setup/takedown. Ken the Health Driver for picking up/delivering tables. SVNS for letting us use the tables from the Adult Learning portables. Also, to the staff that we able to support during the day, much appreciated. Overall, the day went well, and we were glad that everyone who was able to make it out to participate.

Nohomeen Fire 2022

Our hearts go out to those community members who were displaced from the Nohomeen Fire. Our thoughts go out to those who lost their homes and precious irreplaceable belongings; we are so sorry for what you are going through.

Please take care of yourselves and each other, reach out to someone if you need to talk.



Thank you to the teams that are actively on the ground working hard to support everyone. Especially the BC Wildfire Unit Crews, Air support and the LFN Fire Crews, Security and the EOC Team.

Be safe out there everyone, take care and be kind as we don't truly know what people are going through during these difficult times.

Pauline Charlie - IRA/Reception
p.charlie@lfn.band
(250)-455-2304

Good bye to July 2022, Hello August 2022, I Pray for our whole Community to have a better month.

CIS/SCIS - I still have not been able to put my last batch of Certificate of Indian Status Cards (CIS) report yet! I will be ordering 20 CIS at a time. I would like to encourage members to order the Secure Certificate of Indian Status Card (SCIS) Adults & Youth, please check your expired date on your CIS to order for your 10 year Adult or 5 year card Children, it take exactly 3 moths to come in even if it expires within 3-4 years on your CIS, please call! If you would like to put in for your new SCIS please call in advance, I will prepare your paperwork for signing, I am able to take your passport picture, but if you do come from out of town I would like you to bring in 2 passport photos from Walmart or Cosco's.

Birth Registration – It is very urgent for parents to come and get the Birth Registration to get your baby/child registered, it is important for Dental & Medical reasons. This take 6-12 months to process, child is registered under the primary parent.

Death Registrations- If you have lost a Loved family member, Indian Affairs requires a copy of the Death Certificate to be filed, to remove the member if you can please email or message me a copy.

Marriage Registration- Members that have been married and have not registered with the band this also needs to be done, only a copy is required, plus a female will need a copy of birth certificate.

Will Kits – Are available at our temporary office, these only cover members that are on reserve.

Transfer-Ins If registered members wish to transfer into Lytton First Nation aka Lytton, Chief & Council are requesting for;

- A Criminal Record check is required
- Write a letter stating your reason ei. Your parent/s is registered with LFN
- Also a letter must come from the band that you are transferring from stating that there is no arrears or if there is any land that you own.
- This is posted at the temporary building, on the LFN website.

This takes approximately 6-12 months.

If you have any questions please feel free to contact me at the LFN number or email me at the above contact.



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Lytton First Nation

Monday, Aug 2, 2022

Awuh qu-n Tloo Hello Members,

August WELCOME! I would like to extend my love to those who were affected by the Nahomin Wildfire.

The evening of Jul 14, 2022 was my first day with LFN EOC as the Public Information Officer. In this role, I worked closely with our LFN EOC Director [Jason Robertson](#) and Communications team Roger James. In this role, we ensured the information that was needed to get to members was available in our (2) Social Media FB pages, LFN Website and distributed hard copies to - Gwsep, Spur (Both sides of Spur Bridge.) and local bulletin boards.

Pleased to report that all 2021-22 Nominal Roll concerns have been addressed and solved.

LFN Recognition Certificates and gifts are all prepared and ready for distribution. We would like to take this opportunity at this time to thank families that have connected with us. It was never our intention to miss any youth. We are working towards solutions and encourage members to connect with us to discuss further about Nominal Roll Guidelines we are restricted to, currently. Youth and Families, please feel free to stop by the band office to pick up your certificates. We are requesting Youth to sign and date upon pick-up, although Parent(s) and/or Caregiver (s) may sign if youth are not present.

When: Wednesday August 3-5, 2022 for pickup

Where: Interim Band Office - 2nd trailer by the

SVNS Gas Station. Youth and Families, we would like to thank you for your patience, understanding and support. We have been supporting our LFN EOC since the evening of Thursday, July 14, 2022.

Nominal Roll Learning Series webinar sessions are available, registration has opened Jul 26, 2022. I will be reaching out to register for all courses available:

- Day 1: Nominal Roll Policy
- Day 2: Education Information System
- Day 3: Joint Verification Process
- Day 4: Supplementary: Nominal Roll Drop-In Sessions

Additional Resources for Members attached:

- Recovering emotionally from Disaster - Jul 30, 2022
- Mental Health in Children during Wildfires

Awareness is the first step in healing.

Shbaach (Bear/Amanda)

Email: cc.amadams@lfn.band | 250 936-9955



LYTTON FIRST NATION
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SCHOOL SUPPLY FORM & AUTHORIZATION TO RELEASE FORM
(ON-RESERVE ONLY) AS PER NOMINAL ROLL FUNDING

Separate forms if you have a child in Elementary or Secondary Schools: ☐ Elementary ☐ Secondary

Parent/Guardian Name _____ Ph _____ Cell _____

Mailing Address: _____ Physical Address: IR# _____

Emergency Contact & Ph Number _____

Email Address _____

Due to **ISC (Indigenous Services Canada)** funding requirements, the Lytton First Nations Education Department is only eligible to pay fees for those students living **"On the Lytton First Nations Reserve"** and registered on the **2022 -2023 Nominal Roll**.

Please note: All fields **MUST** be fully completed to assist our staff with processing funding reports to **ISC (Indigenous Services Canada)** for the Nominal Roll.

LAST NAME	FIRST NAME	BIRTHDATE	GENDER M/F	STATUS #	Reserve of residence	GR	School

Mark appropriate box that applies to your child for this coming year:

☐ \$50 per K-7 students

☐ \$100 per Gr8-12

Consent to Release to the Lytton First Nations Education Department the following:

☐ Attendance Records, Report Cards

Print Name

Date

Cheque payable to: _____

***Cheques will be done only on Thursday's and Mailed**

Office use only:

Dept _____ Acct _____

Approved: _____

Amount: _____



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Mental Health in Children During Wildfires

Children's reactions to the wildfires and their aftermath are strongly influenced by how their parents, teachers, and other caregivers cope during and after the events. They often turn to these adults for information, comfort, and help. Below are common reactions parents may see in their children. These generally diminish with time, but knowing that these reactions are common can help you be prepared to help your child.

Common Reactions

- Feelings of anxiety, fear, and worry about safety of self and others (including pets):
- Children may have increased fears and worries about separation from family members
- Young children may become more clingy to parents, siblings, or teachers
- Fears of wildfires spreading or new ones starting
- Distress and anxiety with reminders of the wildfires (e.g., burning smell, sounds of sirens or helicopters, burnt landscape and buildings)
- Changes in behavior:
- Increased activity level
- Decreased concentration and attention
- Increased irritability
- Withdrawal
- Angry outbursts
- Aggression
- Increased physical complaints (e.g., headaches, stomachaches, aches and pains)
- Prolonged focus on the wildfires (e.g., talking repeatedly about it – young children may “play” the event)
- Changes in sleep and appetite
- Lack of interest in usual activities, including interest in playing with friends
- Changes in school performance
- Regressive behaviors in young children (e.g., baby talk, bedwetting, tantrums)
- Increased chance of high-risk behaviors in adolescents (e.g., drinking, substance abuse, self-injurious behaviors)

How Can I Help My Child or Children ?

- Be a role model.
- Changes in living conditions can be extremely stressful for children.
- They will take cues of how to handle situations from their parents.
- Model calm behaviors during chaotic times.
- Encourage your children.
- Help children take care of themselves by encouraging them to get appropriate rest, exercise, and diet.



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- Be sure there is a balance of quiet and physical activities.
- Reassure children that you will keep them safe. This may need to be repeated many times during and after a wildfire.
- You should spend extra time with your children and stay connected. It doesn't matter whether it's playing games, reading together, or just cuddling.
- Be sure to tell children they are loved.
- Maintain routines. Even in the midst of chaos and change, children feel more safe and secure with structure and routine. As much as possible, stick to everyday routines (including mealtimes, bedtime, etc.).
- Maintain expectations. Stick with family rules, such as rules about good behavior and respect for others.
- Limit media exposure. It is important for you to protect your child from overexposure to sights and images of the wildfires, including those in newspapers, on the internet, or on television.

"Promise me you'll always remember — you're braver than you believe, and stronger than you seem, and smarter than you think." - Christopher Robin from Winnie the Pooh



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Jul 30, 2022

Recovering emotionally from disaster

Understanding the emotions and normal responses that follow a disaster or other traumatic event can help you cope with your feelings, thoughts, and behaviors.

Disasters such as hurricanes, earthquakes, transportation accidents, or wildfires are typically unexpected, sudden, and overwhelming. For many people, there are no outwardly visible signs of physical injury, but there can be nonetheless an emotional toll. **It is common for people who have experienced disaster to have strong emotional reactions. Understanding responses to distressing events can help you cope effectively with your feelings, thoughts, and behaviors, and help you along the path to recovery.**

What are common reactions and responses to disasters?

Following a disaster, people frequently feel stunned, disoriented or unable to integrate distressing information. Once these initial reactions subside, people can experience a variety of thoughts and behaviors. Common responses can be:

- **Intense or unpredictable feelings.**
- **You may be anxious, nervous, overwhelmed, or grief-stricken.**
- **You may also feel more irritable or moody than usual.**
- **Changes to thoughts and behavior patterns.**
- **You might have repeated and vivid memories of the event.**
- **These memories may occur for no apparent reason and may lead to physical reactions such as rapid heartbeat or sweating.**
- **It may be difficult to concentrate or make decisions. Sleep and eating patterns also can be disrupted—some people may overeat and oversleep, while others experience a loss of sleep and loss of appetite.**
- **Sensitivity to environmental factors. Sirens, loud noises, burning smells, or other environmental sensations may stimulate memories of the disaster creating heightened anxiety. These “triggers” may be accompanied by fears that the stressful event will be repeated.**
- **Strained interpersonal relationships.**
- **Increased conflict, such as more frequent disagreements with family members and coworkers, can occur.**
- **You might also become withdrawn, isolated, or disengaged from your usual social activities.**
- **Stress-related physical symptoms.**
- **Headaches, nausea, and chest pain may occur and could require medical attention.**



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Preexisting medical conditions could be affected by disaster-related stress.

How do I cope?

Fortunately, research shows that most people are resilient and over time are able to bounce back from tragedy. It is common for people to experience stress in the immediate aftermath, but within a few months most people are able to resume functioning as they did prior to the disaster. **It is important to remember that resilience and recovery are the norm, not prolonged distress.**

There are a number of steps you can take to build emotional well-being and gain a sense of control following a disaster, including the following:

- **Give yourself time to adjust.**
- **Anticipate that this will be a difficult time in your life.**
- **Allow yourself to mourn the losses you have experienced and try to be patient with changes in your emotional state.**
- **Ask for support from people who care about you and who will listen and empathize with your situation.**
- **Social support is a key component to disaster recovery.**
- **Family and friends can be an important resource.**
- **You can find support and common ground from those who've also survived the disaster.**
- **You may also want to reach out to others not involved who may be able to provide greater support and objectivity.**
- **Communicate your experience.**
- **Express what you are feeling in whatever ways feel comfortable to you—such as talking with family or close friends, keeping a diary, or engaging in a creative activity (e.g., drawing, molding clay, etc.).**
- **Find a local support group led by appropriately trained and experienced professionals.**
- **Support groups are frequently available for survivors.**
- **Group discussion can help you realize that you are not alone in your reactions and emotions.**
- **Support group meetings can be especially helpful for people with limited personal support systems.**
- **Engage in healthy behaviors to enhance your ability to cope with excessive stress.**
- **Eat well-balanced meals and get plenty of rest.**
- **If you experience ongoing difficulties with sleep, you may be able to find some relief through relaxation techniques.**
- **Avoid alcohol and drugs because they can be a numbing diversion that could detract from**



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- as well as delay active coping and moving forward from the disaster.
- Establish or reestablish routines.
- This can include eating meals at regular times, sleeping and waking on a regular cycle, or following an exercise program.
- Build in some positive routines to have something to look forward to during the
- distressing times, like pursuing a hobby, walking through an attractive park or neighborhood, or reading a good book.
- Avoid making major life decisions.
- Switching careers or jobs and other important decisions tend to be highly stressful in their own right and even harder to take on when you're recovering from a disaster.



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When should I seek professional help?

If you notice persistent feelings of distress or hopelessness and you feel like you are barely able to get through your daily responsibilities and activities, consult with a licensed mental health professional such as a psychologist. Psychologists are trained to help people address emotional reactions to disaster such as disbelief, stress, anxiety, and grief and make a plan for moving forward.

Mental Health Supports Available

Indian Residential School Survivors Society Crisis Support Line: 1-866-925-4419

KUU-US Crisis Counselling Services: 1-800-KUU-US17 (1-800-588-8717 Toll-Free)

INTERIOR CRISIS LINE NETWORK Crisis Line: 1-888-353-2273 (C.A.R.E.)

Tsow Tun Le Lum: 1-888-403-3123

Mental Wellness contact details:

General Inquiries Toll Free Phone Number 1-833-751-2525 Monday to Friday 8am – 4pm:

E-mail Inquiries: IRSupports@fnha.ca

FNHA Virtual Doctor: 1-855-344-3800 to book an appointment if you do not have a doctor of your own, or have lost access due to the COVID-19 pandemic. Medical Office Assistants are available to help you seven days a week from 8:30 a.m. to 4:30 p.m.

Refilling Prescriptions: Call Health Benefits at 1-855-550-5454

FNHA Contact (Monday to Friday 8:30am - 4:30pm): Ph: 1-877-440-1140 OR Email: interior.region@fnha.ca

j) What happens if there are additional funeral costs incurred due to physical separation related to COVID 19?

Both the Indigenous Community Support Fund and Income Assistance Emergency Benefit may be available to provide support if Chief and Council determine that doing so would prevent community gatherings that would normally be the source of funds for families to cover funeral costs.

The Indigenous Community Support Fund has been provided to communities to cover expenses related to COVID prevention. Where there are sufficient resources in the ICSF, Chief and Council may consider covering the costs of Funeral Expenses if, in their estimation, doing so would prevent community gatherings that would normally be the source of funds for families to cover funeral costs.

The Income Assistance Emergency Benefit is available to communities to support extraordinary expenses resulting from COVID 19. This is a temporary measure related to COVID - 19 on a case by case basis. BSDWs should contact the ISC IA Support desk @

TSDB soutien-CB / BSDW Support-BC (AADNC/AANDC) aadnc.tsdb soutien-bsdwsupport-bc.aandc@canada.ca

Urgent Social Development News

Cheryl Jumbo,
Social Development Manager
c.jumbo@lfn.band
778-254-3644

4. Individual who lived in BC, but outside of BC, but within Canada:

The decedent was a BC Employment & Assistance (BCEA) recipient OR was in receipt of Income Assistance on-reserve:

If the answer is No, they are NOT eligible for assistance

If the answer is Yes, then where the decedent lived at the time of death, is which department is responsible for the assistance



If the decedent resided off-reserve and the location of the funeral/burial is off-reserve SDPR is responsible

**BSDW to contact SDPR at email:
SDPR (Office0G6.ASBurials@gov.bc.ca)**

If the decedent resided off-reserve and the location of the funeral/burial is on-reserve Cost Sharing between SDPR (60%) and ISC (40%)

**BSDW to contact SDPR at email:
SDPR (Office0G6.ASBurials@gov.bc.ca)**

If the decedent resided on-reserve and the location of the funeral/burial is on-reserve

**Contact BSDW:
where the decedent lived on reserve before their death**

If the decedent resided on-reserve and the location of the funeral/burial is off-reserve

**Contact BSDW:
where the decedent lived on reserve before their death**

- i) What is the Cost Sharing arrangement between the Ministry of Social Development & Poverty Reduction (SDPR) and ISC?

For individuals who died in BC and the location of the funeral/burial is on-reserve:

**For individuals who died in BC
resided on-reserve and the location of the funeral/burial is on-reserve**



**Contact BSDW:
where the decedent lived on reserve before their death**

For individuals who died in BC and the location of the funeral/burial is off-reserve:

**For individuals who died in BC
resided on-reserve and the location of the funeral/burial is off-reserve**



**Contact BSDW:
where the decedent lived on reserve before their death**

For individuals who died in BC and the location of the funeral/burial is on-reserve:

**For individuals who died in BC
resided off-reserve and the location of the funeral/burial is on-reserve**



Cost Sharing between SDPR (60%) and ISC (40%)

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SDPR is responsible

**BSDW to contact SDPR at email:
SDPR (Office0G6.ASBurials@gov.bc.ca)**

f) Caskets

Where eligibility for service has been established, whether burial or cremation is chosen the *Administering Authority* will pay for either or both of the following:

- a) an Imperial #2 HP cloth-covered casket (or equivalent) at actual invoiced factory cost, plus a merchandising mark-up of up to 20 per cent, plus the cost of freight to the funeral home;
- b) additional cost of casket for oversized remains.

For casket expenditures, enter the amount of each cost on the *Funeral Services Billing* form (SA 108).

g) What is the BSDW responsible for?

Band Social Development Worker is responsible for:

- reviewing the SA 108 form for accuracy
- authorize eligible expenditure items listed on SA 108 form
- complete *Budget and Decision Form* (901-25)
- initiating cost recovery procedures (where applicable)
- prepare financial payment for payment to *funeral services provider*

h) What is the Funeral Service Provider responsible for?

Funeral Service Provider is responsible for:

- completing the *Funeral Services Billing* (SA 108) form and submitting it to the *Administering Authority*

d) What are the Funeral Assistance Procedures?

Necessary funeral costs may be provided for persons who die in British Columbia (BC) when no other resources are available through the decedent's estate or family unit.

General Procedures:

	Resident		Funeral		Contact		
	On-Reserve	Off-Reserve	On-Reserve	Off-Reserve	BSDW on Reserve of Residence	BSDW of First Nation	MSDPR
Client	x		x		x		
	x			x	x		
		x	x			x - cost share w/ MSDPR	
		x		x			x

e) What are the Funeral Rates?

The BSDW determines the allowable funeral costs that are covered in the policy and allowable costs as set out in the Funeral Services Rate Table.

The BSDW advises the "legal representative" and "funeral service provider" with information on the eligibility decision regarding funeral costs and the funeral arrangements.

Funeral Services Rate Table

Funeral Item	Funeral Rate
Funeral provider's basic service fee	Up to \$1285
Other items or services fee	Up to \$815
Transportation fee	Kilometres 0 to 32 is included in funeral provider's basic service fee Kilometres 33 to 82 is \$1.00 per km Kilometres 83 to 182 is \$0.90 per km Kilometres above 182 is \$0.60 per km
Cost of urn	Up to \$200

1. Funeral Costs

a) What is the Funeral supplement?

A supplement may be provided to pay “**necessary funeral costs**” of any person who dies in BC if the estate of the deceased person or any “responsible person” has no immediate resources to meet these costs.

There is no requirement for the deceased person or the person's family to be Income Assistance recipients to qualify for the funeral supplement.

Costs are to be recoverable whenever possible.

b) What is the Eligibility Criteria?

A funeral supplement may be provided by the Administering Authority (band / First Nation) to cover “**necessary funeral costs**” for any person who dies in BC if the estate of the deceased person or any “responsible person” has no immediate resources to meet these costs.

Any funeral expenses paid by the “Administering Authority” where possible may be recovered if financial resources are identified through the decedent's estate or family unit.

Assistance may be provided by the Ministry of Social Development & Poverty Reduction (SDPR) or cost-shared between SDPR and ISC, depending upon where the decedent resided and was interred.

Assistance for eligible funeral costs may be provided to any persons who die in BC, and is not contingent upon an individual's First Nations status.

c) What information is required to ensure everyone has the information required to process all documents and reports?

- Name of the First Nation Band
- Name of BSDW and contact number at the band office
- Name and contact number of the next of kin/legal rep
- Name of deceased
- Date of death of deceased
- Date of birth of deceased (if known)
- **Any specific wishes (if known): for example – burial within 72 hours etc.**
- A copy of the will for the deceased (if available)
- 60 days banking information for the deceased bank accounts
- Other financial statements which may be required to assess eligibility: CPP death benefits, etc.

Income Assistance

Funeral Costs – Q & A

Frequently Asked Questions for Clients/Applicants

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Lytton First Nation

August 3, 2022

Lytton First Nation

Newsletter submission from LFN Economic Development Department

Agriculture

Yekm Garden is planted and growing good. We have contacted Slip Tube Greenhouses to arrange to have two greenhouse brought up and put up at the Spapium Little Prairie Garden. This was delayed due to the Ferry Closure earlier.

We have received Super Soil and have trucked and trailered over some of it and we still have a bit to haul over to the Yekm Garden.

Forestry

Our LFN Development Corporation has submitted a Band Council Resolution to salvage the timber on LFN Reserves that have been affected by the Fires.

We are researching making small bundles of firewood together with Kindling to split, bundle and sell to Retail outlets. These may go for \$8.00 to \$10. Per bundle. Still a concept at this stage. We have the dry logs, we have the manpower, and need to research the market to do this going forward. We were thinking of doing a small trial run of say 50 to 100 bundles. Lytton First Nation Firewood Bundles ??

We are researching making posts and rails at the Old Sawmill Site. Preliminary Lengths are as follows:

12' 6", 14' 6", 16' 6", 18' 6", 20' 6", 22' 6", 24' 6"

Next thing is to research what we can get for the rails once they are cut to length.

Fraser Canyon Sign Strategy Workshops

John Sam has been attending these workshops with a group to work on signs for the Fraser Canyon Corridor. The signs will tell the story of our communities in the Fraser Canyon. We will be reaching out to knowledgeable elders in the area to assist us in this task. Some ideas may include a sign or story board near the confluence of the Fraser and Thompson Rivers when Simon Fraser came to visit and our people gathered to meet with him. Other items may be the real names of the communities in area from Spuzzum to Lytton.



951 Main St
PO Box 20
Lytton, BC
V0K 1Z0

PHONE 250.455.2304
FAX 250.455.2291
EMAIL Enter email address
WEBSITE www.lfn.band
E

John Sam came down with Covid and has been isolated for the past number of days. Feeling better now but what an ordeal. Took a COVID test and it came back neutral. Took another test and it came back positive. Chest cold, Head cold.

Working on Reports with Ty James to our funding sources for the projects that we have going. Also working with Ty James on new funding application to finish off the Yekm Food Hub.

Have a good summer and good fishing and stewaning this month.

Respectfully

John Sam, Manager,
Economic Development
Lytton First Nation

YOUR LOGO
HERE

951 Main St
PO Box 20
Lytton, BC
Country

PHONE 250.455.2304
FAX 250.455.2291
EMAIL Enter email address
WEBSIT www.lfn.band

E



TP'kemtsin Health Center

LFN Health 250-256-8129	First Nations Health Authority 778-254-0167	Interior Health 250-455-2221
Manager:	Head Nurse: Michelle Speer	Nurse: Marla Premachuk-King
Staff Compliment • Regina Pierre – Youth and Family Worker • Micha Kingston – Home Community Nurse (TP'kemtsin) • Jody Cleghorn – Home Care Aide (TP'kemtsin) • Eva Paul – Community Health Worker (Westside Hall) • Lenora Thomas – Patient Travel • Cliff James – Janitor/Maintenance (TP'kemtsin)	Services Provided • Immunizations • TB Screening • Covid Testing • Postpartum Support • Well baby checkups • Breastfeeding Support • Child Growth Development • Blood Pressure Monitoring • Diabetes Counseling • Women's Wellness • Harm Reduction Supplies • Pregnancy Tests • Childs Multivitamin and vitamin D	Services Provided • Primary Care Services (9am-3pm M-F) • MHSU (Mental Health and Substance Use) • Home Health RN • OAT Opioid Agonist Treatment

submitted

951 Main St
PO Box 20
Lytton, BC
V0K 1Z0

PHONE 250.455.2304

EMAIL v.ford@lfn.band
WEBSIT www.lfn.band

Health Care in Lytton & Community

Emergency Care -CALL 911

Lillooet Hospital ER (open 24hrs)

951 Murray St or

Ashcroft Hospital ER

Fri 5pm-10pm Sat & Sun 8am – 8pm

Cache Creek Hwy

Provincial Resources

YOUTH [Foundry.ca](https://foundry.ca) [Kelty Mental Health](https://keltymentalhealth.ca)

KIDS CRISIS LINE 1-800-668-6868

ADULT [Bounceback.ca](https://bounceback.ca)

CRISIS LINE 1-833-456-4566 / text 45645

Hope for Wellness 1-855-242-3310

Domestic Violence 1-800-563-0808



Mental Health & Substance Use

Virtual Substance Use and Psychiatry Service

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

Contact your MHSU clinician or call 310 – MHSU (6478)

Opioid Agonist Treatment 250-256-1585

Mental Health supports

[FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf](https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service)

Lillooet Pharmacies & Services

PHARMASAVE 256-4262

IDA 256-7538

FNHA 8 – 4 / M – F 256-7071

St'at'imc Outreach 256-7530

Friendship Centre 256-4800

Lytton Primary Care

~Non Urgent Care~

TI'Kemtsin Health Centre ~ 1535 St Georges Rd Lytton

Ph 250-455-2221/Fx 455-6621

Mon to Fri 9am – 3pm

First Nations Supports

Lytton FNHA Health Centre 778-254-0167 Mon-Fri 8am-4pm

First Nations Health Benefits 1-855-550-5454 or www.fnha.ca for Prescription refilling, medical supplies and equipment

LFN Home & Community Care: Micha Kingston 250-256-8182 email micha.kingston@lfnhealth.com

811 NURSE

Virtual Dr. of the Day <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day/how-it-works> or call 1.855.344.3800

Lab Services

To Book appointments or have your requisition faxed to the lab nearest your location 1-877-740-7747 or www.labonlinebooking.ca



Home & Community Care

Central Intake 1-800-707-8550

Lillooet 250-256-1326

Ashcroft 250-453-1939

Merritt 250-378-3238

InteriorHealth

[MyHealthPortal](https://myhealthportal.ca)



Public Health

Lytton FNHA 778-254-0167

Lillooet 250-256-1314

Ashcroft 250-453-1940

Merritt 250-378-3400

Travel/Flood info

<http://bcrfc.env.gov.bc.ca/warnings/index.htm>

<https://www.fnha.ca/about/news-and-events/news/important-flood-safety-information>

<https://www.drivebc.ca>

COVID Testing Clinics & Vaccination Information

Interior Health
Testing Clinics

1-877-740-7747

[COVID testing](https://www.health.gov.bc.ca/covid-testing)



Interior Health
COVID Vaccine

1-800-833-2323

[COVID Vaccine link](https://www.health.gov.bc.ca/covid-vaccine)



FNHA Testing
250-455-2715
COVID-19 Testing

[\(fnha.ca\)](https://www.fnha.ca)



BC Center for Disease
Control

604-707-2400

[ContactUs\(bccdc.ca\)](https://www.bccdc.ca)



August, 2022

Newsletter

Lytton Restorative Justice, Prevention & Education Program



Patricia Munro and Olivia Brown

We Provide:

- General Definition of Applicable Legal Terms
- Attend Court & provide support
- Court Preparation
 - Court Etiquette
 - Appearance Tips
 - Explanation of court process and procedures
 - And other options
- Liaison Services
- Advocacy Services
- Gladue Writing (Pre-sentence Reports)
- Referrals
- Wills
- Alternative Measures Circles
- Restorative Justice Circles
- Peacemaking Circles
- Commissioner For Taking Affidavits
- Probation Reporting
- VAP - Victim Assistance Program



We are not lawyers, nor can we give legal advice.

Hours of Operation

Monday to Friday
8:30am – 4:30pm

*Lunch Break – 12:00pm to 1:00pm

Contact Us

Phone:
250.320.8082

Web:
www.lyttonrestorativejustice.com

Facebook Page:
Lytton Restorative Justice, Prevention & Education Program



Location: TBA

We currently do not have a location but are helping through Email, Phone and social media.

Patricia Munro
Program Manager
Email: p.munro@lfn.band



Olivia Brown
Executive Assistant/
Legal Aid Rep
Email: o.brown@lfn.band





We are here to help.

The latest update.

The Lytton Restorative Justice Program is proud to offer at no cost, supportive and confidential services for individuals & their families entering the judicial system regarding Criminal, Family, and other legal issues.

Services are for individuals residing from Spence's Bridge to Spuzzum, and Lillooet. We help all nations

OUR SERVICES

Include 7 communities including Lytton.

- Spence's Bridge,
- Lillooet
- Nicomen,
- Skuppah,
- Boothroyd,
- Spuzzum and all areas in-between.



Map of the Lytton surrounding areas



Jon Jordan

The Latest News

Probation

The probation officer Jon Jordan has been working in the Lytton Community once a month since 2018, and travels from Kamloops.

In 2021-2022 Jon worked with 18 probation clients at the LRJ office and over the phone. Due to the pandemic the LRJ staff completed some of the intake with instruction from Jon so the locals on probation were still receiving the services needed to fulfill their probation requirements.

Next Probation Check In

Probation Officer:

- Jon Jordan

Check-in date:

- Report to your probation officer as directed
- Next Probation date is August 17, 2022

Jon's Office Number:

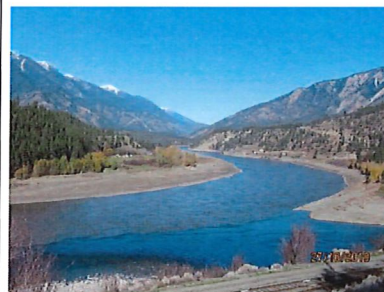
- 250.378.9355
- 250.378.0513

The latest updates

LRJ Office:

In 2007/2008 Lytton First Nation applied to (AJS) to start a Restorative Justice Program. The LRJ Program opened in 2008/2009. At that time, the funder was called the Aboriginal Justice Strategy (AJS) and operated on a 5-year renewal period. In 2017, the Aboriginal Justice Strategy was renewed with a PERMANENT mandate where they changed their name to the Indigenous Justice Program.

In 2014-2015, Legal Aid BC became one of the LRJ funders overall, in 2021-2022 our department was funded by six different funders. Two of them are multi-year funders.



Need Legal Aid?

A Legal Aid Representative (Olivia Brown) will be able to assist you with your Legal Aid application at the Lillooet Court House – You can also contact her at 250.320.8082 or email her at o.brown@lfn.band and she will get back to as soon as she can.

Commissioner For Taking Affidavits available.

Date: August 9, 2022
Location: Lillooet Court House
Time: 9:00am to 12:00pm

The following is what you will need for your Legal Aid application:

- ✚ **Criminal Case:** Relevant Court Documents(s)
 - PTA (Promise to Appear), notice if applicable, AND Sentencing slip (Risk of jail for Yes/No), copy of Charges (Telecommunication).
 - Two-month Bank Statements
 - Bring ID or know off hand of you Care Card #, Driver's Licence #, BCID #, OR your Social Insurance #.
- ✚ **Family Case:**
 - **ANY** Court papers relevant to your Family Case
 - Two-month Bank Statements
 - Bring ID or know off hand of you Care Card #, Driver's Licence #, BCID #, OR your Social Insurance #.



Lytton Restorative Justice, Prevention & Education Program
 Phone: (250) 320.8082
 Facebook: Lytton Restorative Justice
 Website: <http://www.lyttonrestorativejustice.com/contact>

Lillooet provincial Court dates

August 9 – First appearance
 August 10 – Trail date
 August 11 – Trail date

September 13 – First appearance
 September 14 – Trail date
 September 15 – Trail date



Lillooet, BC Courthouse

We provide legal aid in BC. The law is complicated, but not everyone can afford a lawyer. We can help you with your legal issue

If you don't qualify for representation by a legal aid lawyer, you may still be eligible for our legal advice services, including duty counsel.

Need a lawyer?

Your net monthly income must be below the amount for your household size in the table below.

⚠ Only a legal intake assistant can determine if you're financially eligible for legal aid. The following information is **not** complete.

Net household monthly income table

Household size	Standard and Family Limited Representation cases	CFCSA and Criminal Early Resolution cases
1	\$1,670	\$2,670
2	\$2,340	\$3,340
3	\$3,010	\$4,010
4	\$3,680	\$4,680
5	\$4,350	\$5,350
6	\$5,020	\$6,020
7 or more	\$5,690	\$6,690

Need a Legal Advice?

Your net monthly income must be below the amount for your household size in the table below.

Do I qualify financially for legal advice?

📌 To get criminal or immigration legal advice services, you don't have to be financially eligible.

Family advice services

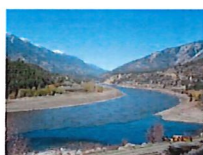
Family legal advice services have a financial eligibility test

To be eligible for family advice services, your net monthly household income must be below the amount for your household size in the table below.

Household size*	Net monthly income**
(number of family members)	(income after deductions)
1 – 4	\$3,680
5	\$4,350
6	\$5,050
7 or more	\$5,720



LRJ Info and LSS Resources



Our contract includes 7 Communities including Lytton.

- Spences Bridge,
- Lillooet,
- Nicomen,
- Skuppah,
- Boothroyd,
- Spuzzum and all areas in between.

Legal Aid/Office Stats
April 2021 – March 2022

Due to the pandemic the services were limited to online and over the phone applications. Once restrictions were lifted the staff started to commute to Lillooet twice a month to assist clients with legal aid applications and provide court support. The pandemic has taught us to work with our clients over the phone, texting, email, and social media and we will continue to communicate with clients this way even after we return to our offices.

In 2021-2022, the LRJ provided serves to 30 clients on legal aid applications and a total of 199 office activities were held in and outside of the office including phone calls, texts, emails, etc.

Legal Aid Society

Resources:

- FAMILY/CRIMINAL/CIVIL

lss.bc.ca

- Legal Services Society
- Main Website
- Links to Publications
- Family Law Line
- Family
- Children/MCF
- Criminal
- Immigration

family.legalaid.bc.ca

- Family Issues
- Step by step information
- Advocates

clicklaw.bc.ca

- Legal Issues
- Legal Advice

aboriginal.legalaid.bc.ca

- Family
- Criminal
- Similar issues
- Parenting after separation

mylawbc.com

- Parenting plan
- Advocacy
- Separation
- Wills
- Solutions
- Abuse & Family Violence

If you need help with a situation that may be with a friend or family member, then the LRJ can assist with a healing circle, peacemaking circle, etc. at anytime upon request from an individual.

If you are feeling depressed or having a conflict with someone we can help through our circles. Each circle can be customized to the situation and based on healing and repairing what has been broken.





Criminal law

- Duty counsel (lawyers at Provincial courthouses who provide advice about criminal charges, court procedures, and legal rights)
- Brydges Line (toll-free telephone service for people arrested, detained, and under investigation) Brydges Line is a province-wide toll-free telephone service available 24 hours a day, 7 days a week.

1-866-458-5500 (call no charge)

- Advice counsel (lawyers who provide telephone advice to people in custody awaiting a bail hearing)
Mon to Fri — 6 pm to 10 pm
Weekends and statutory holidays — 8 am to 10 pm

1-888-595-5677 (no charge from anywhere in BC)

Family law and child protection

COVID-19 NOTICE: Family duty counsel and family advice lawyer services are only offered by phone at this time. Lawyers will not be at courthouses.

- Duty counsel (lawyers at courthouses who provide advice to people representing themselves in court on family law and child protection matters, and guide them to fill out their forms)
- Advice lawyers (lawyers at Family Justice Centres and Justice Access Centres who provide advice about parenting time, support, agreements, and child protection matters to people going through a separation or divorce) you may be eligible for up to three hours of free

Visit for more info: [Welcome to Family Law in BC | Family Law in BC \(legalaids.bc.ca\)](#)

- Family LawLINE (telephone service where family lawyers provide advice about parenting time, support, agreements, and child protection matters) (Ask for Legal Advice) 604-408-2172 or 1-866-577-2525

Mon, Tue, Thu, and Fri — 9 am to 3 pm
Wed — 9 am to 2:30 pm

Wills and Estates information:

When there is no Will or Executor.

If no Will was left by the deceased, certain individuals are eligible to apply for a grant of administration in order to handle the estate. If successful, the person who is named as administrator is legally able to distribute the estate.

A grant of administration can also be used to assign an administrator if:

- The deceased did not name an executor
- The executor has died since the Will was made and no alternate executor was named
- The executor gives up the right to apply to the court for probate

A lawyer is not required in order to apply for a grant of administration. If you do hire a lawyer, legal fees are considered a proper expense and may be paid out of the estate (subject to the approval of the beneficiaries, heirs-at-law or the court).

Anyone who applies for a grant of administration on their own must be well prepared and ready to do a lot of paperwork. Consider using these resources:

- Through the Lytton Restorative Justice

OR

- clicklaw.bc.ca

You can get one of these Wills and Estates Planning booklets through the Lytton Restorative Justice – Limited books.

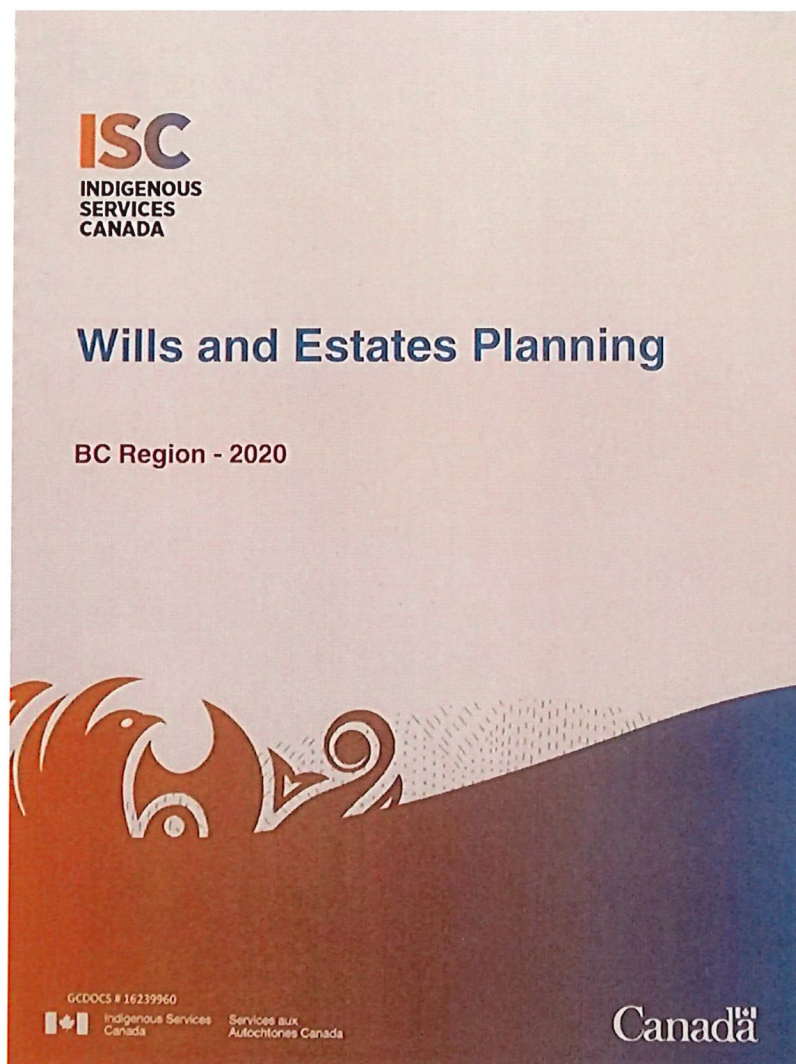
There are 10 sections in this book.

1. Wills and Estates Overview
2. Initial steps to take when a family member passes away
3. Assistance with funeral costs
4. What is an estate Administrator or Executor?
5. Will Kit: Writing your own Will
6. Sample Will and two blank Will forms
7. Section 51 of the Indian Act: Administration of a Mentally Incapable Adult's property
8. Section 52 of the Indian Act: Minors' Individual trust accounts
9. The Family Homes on Reserves and Matrimonial Interests or Rights Act hand out
10. Wills and Estates Glossary of Common Terms

The Lytton Restorative Justice can help with your Will.

You can contact Olivia Brown through her email at o.brown@lfn.band or through social media.

(Remember we are not lawyers nor can we act as one.)



Lytton First Nation

OFFICE CLOSURES

B.C. Day

Monday, August 1, 2022

Re-open Tuesday, August 2, 2022

Indigenous Day

Thursday, August 11, 2022

Re-open Friday, August 12, 2022

Spence's Bridge Declaration Day

Thursday, August 25, 2022

Re-open Friday, August 26, 2022



PO Box 20
Lytton, BC
V0K 1Z0

PHONE 250-455-2304

WEBSITE www.lfn.band

Kanaka Bar Indian Band



JOB POSTING

Position: Operations & Maintenance Worker
Organization: Kanaka Bar Indian Band
Department: Kanaka Bar Employment Services- O&M Department
Reporting: Operations & Maintenance Officer
Posting Date: August 3, 2022

Summary: We are seeking persons to join our Operations & Maintenance Team at Kanaka Bar.

Duties and Responsibilities:

- Road Maintenance
- Weekly Garbage Collection and Recycling
- Snow Removal
- Repairs and upkeep of community buildings and residential homes
- Upkeep of public spaces and grounds of Kanaka
- Other duties as assigned.

Education and Qualifications:

- Class 5 Drivers License
- Carpentry Experience an asset
- Machine Operator Experience an asset

Employment Conditions:

- Driver's license (class 5 or N) with a reliable vehicle
- Must be a team player
- Follow policies and procedures of Kanaka Bar Indian Band;
- Willingness to work extra hours if needed
- Willing to learn water treatment plant procedures
- Performs all duties in accordance with WorkSafeBC safety standards
- Three (3) months probationary period.

This will be a Full-Time position Mon-Fri 8am-4pm based out of Kanaka Bar Office. Wage will depend on education, qualification and experience of the applicant.

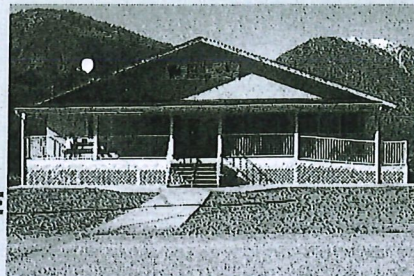
Please submit a cover letter and resume to Martina Sampson at KBES-admin@kanakabarband.ca. Position will be open until suitable candidates are found. Only those candidates shortlisted will be contacted for an interview.

Thank you for your interest in supporting Kanaka Bar with achieving its vision.



EMPLOYMENT OPPORTUNITY
LYTTON FIRST NATION

SUMMER WORK EXPERIENCE
HOUSING DEPARTMENT
Maintenance Worker



The Lytton First Nation (LFN) is currently recruiting for (1) Summer Students in the LFN Housing Maintenance Department for their office at 1675 St. Georges Road, Lytton, B.C. The position is classified as Part Time (8:30 to 4:30 Monday to Friday) term (starting July 25, 2022 ending prior to July 14, 2023) Working under the support and supervision provided by the Housing Manager and Housing Maintenance The successful applicant's main duty will be to work with the Housing maintenance.

Minimum Qualifications:

- Able to follow direction and work in a respectful and cooperative manner
- Must be a team player, self motivated, reliable and have a good attitude.
- Must be willing to learn and practice "safety first" measures at all times.
- Must be physically fit.
- Able to make it to work on time
- Youth Between the Ages of 15-30

For further information please call: Cheyanna Hanna
at (250) 455-2304

Closing Date: [REDACTED]

LATE APPLICATIONS WILL NOT BE ACCEPTED.

Only qualified applicants who make the short list will be contacted for interviews.

Apply with cover letter, resume, references optional but will be an advantage

Send to jobs@lfn.band Attention: Administrator Vicky Ford



Lytton First Nation

Job Opportunity: **Health Manager**

The **Health Manager** leads a multidisciplinary health care delivery team that provides preventative and remedial health services to meet the needs of the Lytton First Nation membership. The primary responsibility of the **Health Manager** is to plan, implement, evaluate, and report on community health programs and ensure these programs reflect and address the physical, cultural, psychological, social, and environmental needs of the Lytton First Nation communities:

This position requires a professional who is culturally inclusive and strives for a collaborative approach within a team environment.

- Monitor budgets for health programs and services
- Provide written and verbal department reports
- Monitor, and conduct ongoing assessments of community health needs
- Participate in the selection, orientation, and training of health department staff
- Participate in and ensure staff performance evaluations are completed annually
- Maintain a current organizational chart of all health department staff
- Assist with and ensure that health department staff create and maintain work plans
- Provide administrative support to other health department staff and programs
- Participate in conflict resolution, problem solving and team-building initiatives
- Meet regularly and as requested with local health and community stakeholder to inform, seek input, advise on health planning related issues, and resolve health planning related concerns
- Commit to have a presence in the community and be aware of the health needs
- Contribute articles and updates to LFN newsletter
- Attend monthly health team staff meetings

Training and Experience:

- Degree in Business or Health Administration, or equivalent and three years of experience, or
- Bachelor of Social Work or Nursing and three years of supervisory experience
- Knowledge of Aboriginal culture in general and Nlaka'pamux culture and history
- Provide a current criminal record check including the vulnerable sector
- Valid BC driver's license, a drivers abstract and access to a reliable vehicle.

Closing Date: Open until filled

Thank you for your interest. However, only those short-listed will be called for an interview.

Apply with cover letter, resume, and current references to:

Attention: Administrator

Email: jobs@lfn.band

In person: drop off at the LFN band office



951 Main St
PO Box 20
Lytton, BC
V0K 1Z0

PHONE 250.455.2304

EMAIL lfnadmin@lfn.band
WEBSITE www.lfn.band

Lytton First Nation

Mental Health Liaison

The Lytton First Nation is currently seeking an energetic, highly motivated, and qualified **Mental Health Liaison** for the TI'kentsin Health office. The Mental Health Liaison will work in collaboration with the health department's multidisciplinary team in providing mental health support services to individuals and families in the LFN community. The primary role is to assess individuals need for mental health supports and to liaise with mental health professionals to ensure the client receives the adequate and appropriate services. The position is administratively and professionally accountable to the Nurse Supervisor.

Primary Responsibilities:

- Consult and network with community resources
- Consult, network and liaise with other mental health workers in the region
- Maintain, and expand a list of relevant community referral services
- Complete intake procedures and assessments for potential clients
- Provide individual counselling to clients
- Provide case management and referral services as required
- Maintain case management procedures and provide accurate reports.

Qualifications:

- Post-Secondary education and professional background in a mental health discipline
- One to Three years of experience working in a similar position
- Knowledge and appreciation of Nlaka'pamux culture and how culture impacts in the development of individuals and communities
- Understanding with residential schools' issues and the effects on First Nation people
- Practical knowledge of federal, provincial and aboriginal organizations mandated to provide health and family services.
- Professional commitment, flexibility and good problem and dispute resolution skills
- Valid Class 5 B.C. Driver's License required
- Criminal Records Check required.

Closing Date:

(Thank you to all for your interest. However, only those short-listed will be interviewed).

Apply with cover letter, resume, and 3 current references to:

Attention: Administrator

Email: jobs@lfn.band

In person: drop off at the LFN band office



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