

WE ARE

RED RIVER MÉTIS

2024 ANNUAL GENERAL ASSEMBLY



**HEALTH & WELLNESS
REPORT**



A Message from the Minister of Health & Wellness

With a profound sense of purpose and deep gratitude, I address our Red River Métis Citizens, dedicated staff, and valued funders. Distinctions-based healthcare and health research are crucial to the Manitoba Métis Federation. They acknowledge the unique history and culture of the Red River Métis as Indigenous peoples and recognize existing systemic inequities. Our goal is to foster a healthier and more prosperous future for our community by developing and delivering relevant programs and providing essential supports for the health and well-being



of our Citizens. Red River Métis Citizens have consistently demonstrated their dedication to improving the health and wellness of our entire community. Your experiences, perspectives, and active involvement in our research and programs are the foundation upon which we build a future of improved health outcomes and overall well-being.

I extend my deepest gratitude to the outstanding staff of the Health & Wellness Department who drive research and program development for our Citizens. Your dedication to the success of our initiatives and unwavering commitment to our Citizens are truly commendable. Your efforts have allowed us to gather meaningful data, create safe spaces for conversations and provide a platform for the voices of our Red River Métis Citizens to be heard and make a difference. No undertaking of this scale can succeed without the support of those who share our vision. To our esteemed funders, your commitment to our community is invaluable. Your belief in our mission has allowed us to make significant progress toward implementing distinctions-based healthcare that not only addresses the unique needs of our community but also lays the foundation for equitable and accessible services.

In conclusion, I want to express my heartfelt appreciation to each and every one of you. Your participation, dedication and support have turned our research into a beacon of hope and progress. Together, we are building a future where the well-being of our Red River Métis Citizens reflects the strength of our community, the power of collaboration, and the promise of compassionate healthcare.

With sincere gratitude,

Minister Frances Chartrand

HEALTH & WELLNESS DEPARTMENT

The Manitoba Métis Federation - Health & Wellness Department (MMF-HWD) was established in 2005 with a clear vision: "A Well Métis Community." The MMF-HWD is committed to developing and utilizing knowledge to improve Red River Métis health across Manitoba and beyond its borders. To achieve this vision, MMF-HWD strategically assumes a leadership role by actively developing and employing health prevention and research, service delivery and interventions, community programming, and health analytics.

The overall goal of MMF-HWD is to conduct research and deliver health interventions that positively impact the health of Red River Métis and enhance available healthcare programs and services. At the heart of this mission are the voices of our Red River Métis Citizens, who are essential to building Red River Métis-specific knowledge. Upholding ethical standards is crucial in all MMF-HWD activities, ensuring inclusivity for all. Through MMF-HWD initiatives, Red River Métis Citizens inform community health programming and receive the most recent and relevant information on Red River Métis health issues.

The Annual Report for fiscal year 2023/2024 highlights a period of significant progress for the MMF-HWD. Since the establishment of new branches in 2021/2022 (Clinical, Community Programming, and Policy & Health Information), and expansion of the existing Research branch, the department has steadily continued to work towards its mission of promoting "A Well Métis Community." The Department also continues to foster relationships with agencies such as the Federal Government (ISC, FNIHB), the Provincial Government, University of Manitoba, the Canadian Partnership Against Cancer as well as Diabetes Canada and Dynacare. During the 2023/2024 fiscal year, the MMF-HWD conducted three consultations, which were well received by the Red River Métis community.

With the ongoing dedication of its staff and the active involvement of Red River Métis Citizens, the MMF-HWD remains steadfast in its commitment to improving Red River Métis health and well-being within Manitoba and beyond.

HEALTH & WELLNESS DEPARTMENT



Community
Health
Programming

Health Research

Clinical Services

Policy & Health
Information

Mental health,
advocacy

Focus groups,
interviews

Mobile clinic,
clinical programs

Health
information
management

COMMUNITY HEALTH PROGRAMMING

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COMMUNITY HEALTH PROGRAMMING

The Community Programming branch, established in 2022, enables the MMF-HWD to address Red River Métis Citizens' health needs through a wide range of programs and initiatives. By engaging with the community and listening to their concerns, MMF-HWD is able to tailor health programming to be relevant, accessible, and positively impact the well-being of all Citizens.

Prescription Drug Program

Since 2017, eligible Red River Métis seniors and Elders have had access to essential prescription drug coverage. The success of the program is a result of collaboration between the MMF-HWD and MEDOCare Pharmacy. Currently, over 1,000 Citizens are registered.

Mental Health Line

The MMF-HWD understands that many of our Red River Métis Citizens are experiencing feelings of sadness, stress, and anxiety. This free help line is staffed by Red River Métis counsellors to support our Citizens during challenging times.



COMMUNITY HEALTH PROGRAMMING

Métis Senior Vision Care Initiative

This program offers vision care services including managing healthy eye care, eye examinations, and prescription eyeglasses. Eligibility requirements are the same as the Prescription Drug Program. Additionally, any Red River Métis Citizen can benefit from a negotiated rate of \$150 per set of prescription glasses by presenting their Citizenship card at the time of purchase.



Community Navigation

Community Navigators are located throughout the province to support Citizens with their health needs. Services include advocacy, general health supports, and resources.

HEALTH RESEARCH

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HEALTH RESEARCH

Since its inception in 2005, the Health Research team has been conducting qualitative research with the goal of creating Red River Métis-specific health knowledge by capturing lived experiences through consultations, discussion groups, and personal interviews.

Completed Projects

- Red River Métis Tobacco Reduction Strategy
- REACH: Radon Education and Assessment for Community Health



Current Projects

- Red River Métis Perspectives on Medical Assistance in Dying (MAID)
- Maternal Health in Red River Métis
- Distance to Care: Cancer Outcomes for Red River Métis in Rural Manitoba
- Using Therapeutic and Culture-based Approaches to Support the Well-being of Care Partners of Red River Métis Living with Dementia



CLINICAL SERVICES

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CLINICAL SERVICES

Established in January 2021, the MMF-HWD Clinical Services team is dedicated to serving Red River Métis Citizens of Manitoba. This branch coordinates two Mobile Health Units in the Southern and Northern Regions. For up-to-date news regarding our clinic, check the MMF website.

Clinical Services Available

- HbA1C tests to monitor blood sugar levels
- Cholesterol level tests
- Vaccinations
- Diabetic foot care
- 5-minute health check-ins with Registered/Licensed Nurses



POLICY & HEALTH INFORMATION

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POLICY & HEALTH INFORMATION

The Policy & Health Information branch was created in January 2022 to develop Red River Métis-specific information to support policy, programs, and services for our Citizens.



Completed Projects

- Vaccine Hesitancy
- Health Legislation



Current Projects

- Looking Backwards to Plan for the Future: COVID-19 Surveillance of Red River Métis
- Long-term and Continuing Care
- Rheumatoid Arthritis and Mental Health in Red River Métis
- Red River Métis Regional Health Survey

MEDICAL HOUSING INITIATIVE

Michif Manor

Michif Manor, a collaboration between the MMF-HWD and the MMF Housing Department, will provide short-term accommodations for Red River Métis Citizens and their families who are in the City of Winnipeg for medical appointments and treatment.



COMMUNITY CONSULTATIONS



Churchill
September 2023

Winnipeg
November 2023



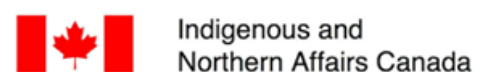
Thompson
January 2024

PARTNERSHIPS

Over the past year, the MMF-HWD has continued to build and maintain working partnerships to enhance Red River Métis health and wellness and promote inclusion of Red River Métis in health research. These partnerships include our MMF Regions, MMF departments such as Housing and Early Learning & Child Care, and MEDOCare Pharmacy. We work closely with federal government departments and agencies such as Health Canada, Indigenous Services Canada, and Employment & Social Development Canada. We also have partnerships with Regional Health Authorities, Dynacare, and individual hospitals such as Ashern, Seven Oaks, and St. Boniface.



**Métis Community
Resource Department**
MMF Regions



Michif Health

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La Pital
Miyou Ayow
Kiikew
Koontawn
Miyou-awshin
La Michinn
Miyo-nipaa
Kawneemihk
Bimbashtaw
Pawhpi
Miitsho
Minihkway
Shiipi

TRANSLATIONS

Sleep well - miyo- nipaa
Dance - kawneemihk
Run - bimbashtaw
Laugh - pawhpi
Eat - miitsho
Drink - minihkway
Stretch - shiipi

Hospital - la pital
Good Health - miyou ayow
Heal - kiikew
Happy - koontawn
Good - miyou-awshin
Medicine - la michinn

CONTACT US

For more information on our programs or to get involved, please contact us

- **Phone**
 - **(204) 586-8474**

- **Email**
 - **Clinical Services**
clinicinfo@mmf.mb.ca
 - **Health Research**
healthresearch@mmf.mb.ca
 - **Policy & Health Information**
policyhealth@mmf.mb.ca
 - **Community Health Programming**
mentalwellness@mmf.mb.ca

- **Mental Health Support Line (7 am to 11 pm daily)**
 - **1-833-390-1041 ext. 1**

- **Clinic Booking Line**
 - **1-833-390-1041 ext. 3**