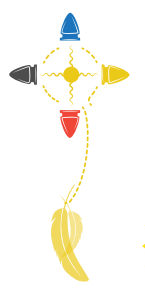


Four Arrows
Regional Health Authority Inc.

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General Delivery, Wasagamack, MB R0B 0Z0
Ph: (204) 457-9600

Winnipeg Office:
500-338 Broadway, Winnipeg, MB
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info@fourarrowsrha.org
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Annual Report Summary



Governance

FARHA moving to be fully
Accredited by
late 2020/early 2021.

Aboriginal Diabetes Initiative (ADI) Canada Prenatal Nutrition Program (CPNP)

FARHA's longest running program
since 2004. There are 3 ADI/CPNP
Workers in RSL, STP, & WAS; 1 full
time ADI Worker in GH; and 2 CPNP/
Parenting Skills Workers, all **bringing**
awareness around diabetes
and prenatal/postnatal care.

Home & Community Care



Funding increase nationally
to **\$184.5 M over 5 years.**
Manitoba allocation is **\$278M**
and \$4,354 M for palliative
care. Four Arrows has 4 local
Home and Community Care
Managers who work closely with
Regional HCC Advisor.

Jordan's Principle

2017 Canadian Human
Rights Tribunal (CHRT)
ordered the needs of
each individual child
must be considered,
to ensure the following is
taken into account under
Jordan's Principle:

- Substantive quality;
- Providing culturally appropriate services;
- Safeguarding the best interests of the child.

FARHA hired Jordan's Principle Service Coordinator,
Regional Case Manager, Urban Case Manager,
Regional Mental Wellness Facilitator.

First Regional Jordan's Principle Winter Camp.

Foot Care

Commenced Foot Care
program in communities
January 2019.



Harm Reduction

Harm reduction refers to a set
of practices that aim to reduce
the **harms associated**
with substance use.
FARHA developed regional
program and hired two staff to
work with communities.
Harm Reduction also included
HIV/AIDS program.

Youth and Wellness

National Aboriginal Youth Suicide
Prevention Strategy (NAYSPS) and
Brighter Futures (BF), supports
community-based solutions
to address youth suicide.
Suicide prevention generally
involves finding ways to reduce risk
factors and promoting protective
and preventative factors against
suicide.

Program developed in collaboration
with communities, FARHA and the youth.

New partnership with **Manitoba Aboriginal Sports**
and Recreation to bring sport clinics to schools and
communities.

Tribal Nursing Officer



Four Arrows Regional Health
Authority's Public Health
Programs were officially
announced October 1, 2001.
Currently, these programs include,
Communicable disease control,
prevention and awareness,
maternal care, healthy lifestyles,
injury prevention and community
support.

Human Resources and Accreditation



As the organization continues
to improve Operations, FARHA
has begun its **journey**
to becoming a fully
Accredited organization.
Included in improving our
operations FARHA has developed
a dedicated Human Resource
department.

Food Security

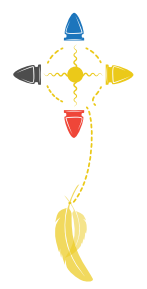
Re-branded the name
to Kimeechiminan ,
meaning "our food".

Presented at **International**
Food Security
Conference, Roveniemi
Finland.

Awarded and recognized at International research
conference, Berlin Germany.
Partnership with AKI Foods for roll-out of
Island Lake Health Procurement Initiative.

3rd Annual **Food Sovereignty Summit.**

3 year of 5 year partnership with University of Manitoba,
non-alcoholic fatty liver disease project, referred to as
"OOKWIN study".



2018-19 Financial Overview

Statement of Operations

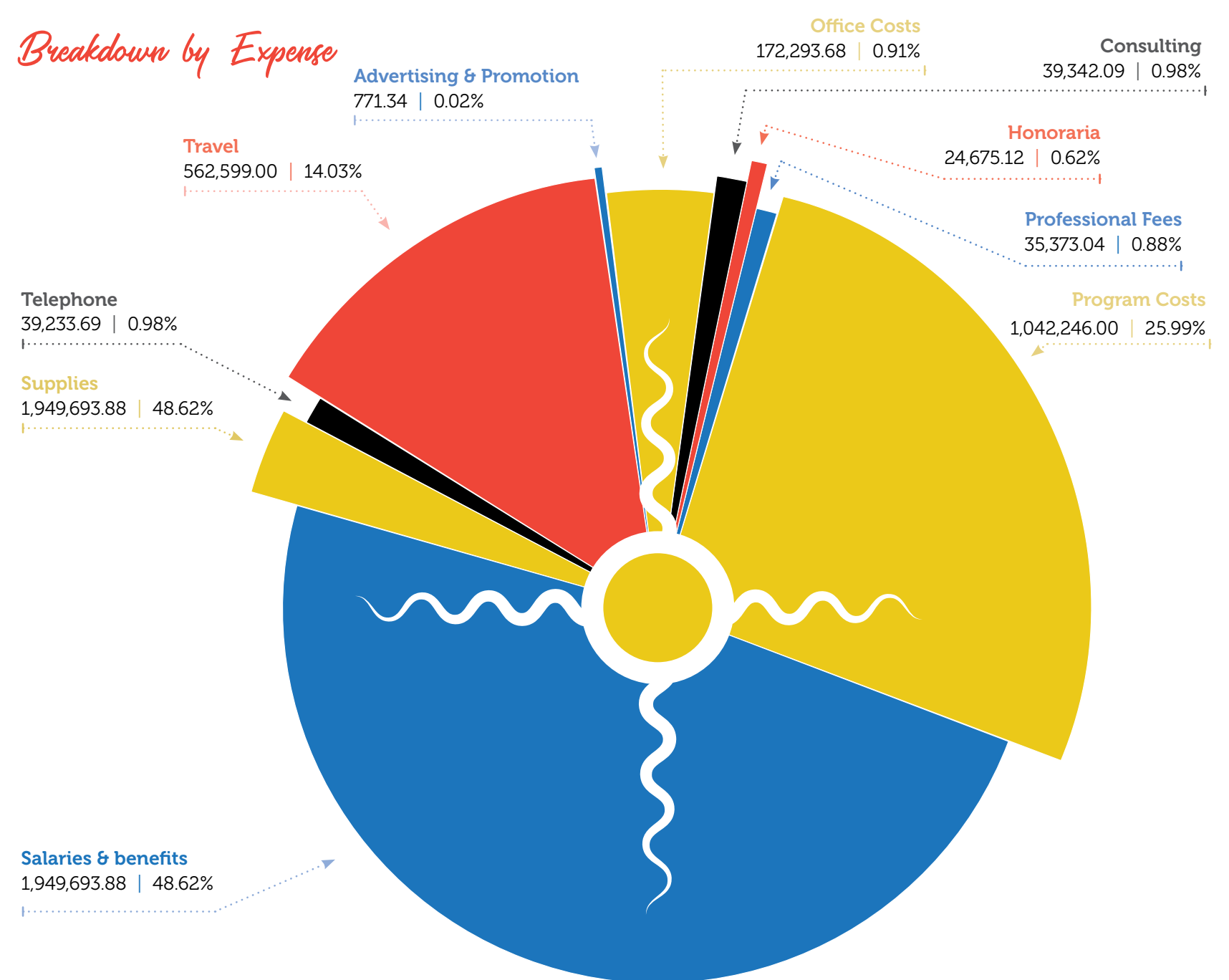
	2019	2018
REVENUE:		
First Nations and Inuit Health		
Block funding	3,805,942	2,571,883
S.E.T. funding	264,240	264,240
Flex Funding	1,043,091	185,556
Recognized from prior period	(2,086,929)	(348,104)
Administration & other	607,408	358,111
	3,981,856	3,061,186

EXPENSES:

Amortization	2,768	3,766
Bad debts	20,063	20,112
B.O.D. costs	66,054	38,930
Office & general	341,756	205,100
Program costs	1,042,246	790,066
Salaries & benefits	1,974,369	1,472,552
Travel & freight	562,599	515,723
	4,009,855	3,046,249

Excess/(Deficiency) of revenue over expenses	(27,999)	14,937
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Breakdown by Expense



BREAKDOWN BY EXPENSE MARCH 31, 2019

Salaries & benefits	1,949,693.88	48.62%
Supplies	143,627.46	3.58%
Telephone	39,233.69	0.98%
Travel	562,599.00	14.03%
Advertising & Promotion	771.34	0.02%
Office Costs	172,293.68	0.91%
Consulting	39,342.09	0.98%
Honoraria	24,675.12	0.62%
Professional Fees	35,373.04	0.88%
Program expenses	1,042,246.00	25.99%
	4,009,855.30	100.00%

IN MEMORY OF ALL THAT HAVE GONE BEFORE US:

I give you this one thought to keep—
I am with you still – I do not sleep.
I am a thousand winds that blow;
I am the diamond glints on snow;
I am the sunlight on ripened grain,
I am the gentle autumn rain.
When you awaken in the morning rush
I am the swift, uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night
Do not think of me as gone –
I am with you still – in each new dawn.
Author Unknown

“Four Arrows RHA mandate is
for the health and wellbeing
of ever community member
both off and on reserve and
the communities are ready for
change and the time is now.
Four Arrows RHA is ready to
lead the change in health.”

Elvin Flett, CFNHM
Board Chair

“Four Arrows' overall vision is to
fully realize its potential as a
Regional Health Authority
in the best interests of the
membership. Because it is
the membership we have
to focus on.”

Alex McDougall, CFNHM
Executive Director



Four Arrows
Regional Health Authority Inc.

2018-2019 Annual Report



Board Chairman

Greetings from the Board of Directors! It is my honor to serve as the Chairman of your regional health organization, Four Arrows Regional Health Authority Inc. and I bring you greetings.

Since inception, almost 20 years ago, Four Arrows RHA has always strive for excellence. Starting off with a staff of two, we have grown too close to 30 with some staff now based on reserve. Our presence in the communities is one of priority that we will continue to build, as well how we communicate information to our membership. Four Arrows has just launched a new webpage and I encourage that you check it out from time to time to see what we are doing, as well new Facebook page, which will be updated regularly with posts of activities, career opportunities, announcements etc.

I would like to acknowledge our Chiefs and Councilors, without their support and commitment, we would have not achieved the goals that was set for Four Arrows over the past 20 years. I also would like to thank the local health authorities and their staff but also to the people who contact on a regular basis to address community and personal concerns. These concerns are what drive where we go as this is your organization. We welcome at all times any ideas or suggestions how we can better serve our people.

As Island Lake Anishininewak, we have a special relationship unique in history with Canada and Manitoba that provides both a path for moving forward in our continued work on improving health while fostering partnerships that build on opportunities for collaboration and innovations with stakeholders.

In interests of Mamow Anshininew Mino Ayawin

Elvin Flett, Board Chairman

Executive Director

On behalf of Four Arrows Regional Health Authority Inc, it is with great pleasure that we share with you our specially formatted annual report. This year, we have opted for two formats, first one being in booklet form that will be used for more detailed information on our programs, which is available to any community member to view on our webpage, www.fourarrowsrha.org. Second is the what we are terming "accordion file" format. This format is a general roll up of what the larger booklet contains but also some brief history as to how and where Four Arrows Regional Health Authority came to be and where we are heading.

As our mission and vision statements state, we want to work together in Mamow through a holistic approach that promotes physical, spiritual, emotional and cultural wellbeing for all members of the Island Lake Anishininew Nations, living on or off reserve.

I thank our leadership and Board for their guidance and wisdom as Four Arrows RHA moves forward in providing programs and services to meet the well being of our community members. But this can not be done without the working relationship we have also have with our local health authorities. We are not here to tell our communities what they need, we are here to support what the communities want and we do that working cooperatively with leadership and your local health authorities.

Finally, I would like to thank our team for their continued loyalty and dedication in the roles their serve. I view our team as a passionate group who work together for our first nation communities and together, we are committed to acknowledging the needs of our communities.

MANOW ANISHININew MINOYAWIN

Alex McDougall, Executive Director

Our Logo

In our First Nation culture, the bear is our medicine totem.

THE BEAR represents medicines to our people. Every part of the bear is used for medicine.

THE FOUR ARROWS represents the four directions.

THE WHEEL represents the Medicine Wheel.

Organization Overview

Four Arrows Regional Health Authority's (FARHA) works in support of the four Island Lake First Nations by developing and delivering regional programs and services to improve the health of the membership of the communities. In the past year FARHA has strengthened its regional presence and is transforming the range of services available to the communities of Island Lake Anishininew Nation.

To effect this necessary and bold progress, FARHA has revamped its senior management structure; it has contributed to the strengthening of the Island Lake regional governance; and, it is forging new relationships with its health partners within Manitoba and with Canada. All aspects of this work have begun and continue as strong priorities.

Island Lake communities have been and continue to be notably under-served by health services. With a young and quickly growing population of close to 15,000, far too many people have to travel to Winnipeg to receive care that most Manitobans in communities of similar size are able to find down the street or across town. Not only is this arrangement costly, it pressures unscheduled Winnipeg health services, and most importantly it creates an unhealthy social and cultural disconnect for our membership. It hinders health and healing. It tears at the fabric of our remote communities.

This health injustice leads FARHA to embrace its vision of working for the communities by seeking the responsibility and accountability for a full range of regional health services that the community members need. This is the only way to ensure the majority of the membership is treated with quality and within the region. This vision means FARHA being funded and operating as a health authority for insured services like other (regional) health authorities in the province. It also means FARHA becoming a health authority for non-insured services like others, particularly the First Nations Health Authority in British Columbia.

It is acknowledged that a certain percentage of our membership's advanced health needs will always require travel to the specialized expertise offered in Winnipeg. However, we foresee the only path to real improvement in the health status of our membership is for FARHA to relentlessly encourage improvements in the determinants of health; to consistently seek robust and positive health promotion and prevention outcomes; and, to provide in region health care that meets the majority of need in our communities.

Board of Directors

ELVIN FLETT,
Chairman
Health Director, St.
Theresa Point Health
Authority

CHARLES MONIAS,
Board Member
Health Portfolio
Councillor
St. Theresa Point First
Nation

OBERON MUNROE,
Vice Chairman
Health Director,
Kitiganwacheeng
Health Services Inc.

WAYNE HARPER,
Board Member
Health Portfolio
Councillor,
Garden Hill First Nation

IAN KNOTT,
Board Member
Health Director,
Wasagamack Health
Authority

JONAS HARPER,
Board Member
Health Portfolio
Councillor,
Wasagamack First Nation

RON MONIAS,
Board Member
Health Director, Red
Sucker Lake Health
Authority

LESTER HARPER,
Board Member
Health Portfolio
Councillor,
Red Sucker Lake First
Nation

FARHA History

September 1997
Pre-Health Transfer conference in Garden Hill.

February 1999
PATH Strategy (Planning Alternative Tomorrow with Hope) to discuss a vision of regional cooperation and collaboration on health.

September 1999
Band Council Resolutions approving the formation of Four Arrows Regional Health Authority.

December 2001
Four Arrows Regional Health Authority Inc. officially incorporated.

October 2002
Agreement on location of the future Regional Primary Health Care Centre; future road/airport to be built St. Theresa Point and Wasagamack.

April 2003
Began responsibilities of delivering Public Health Nursing services and Home and Community Care services. (at 100% funding level).

August 2004
A Joint Grand Opening and Ribbon Cutting Ceremony is held for the Garden Hill Nursing Station and the Island Lake Regional Renal Health Program, in Garden Hill.

September 2006
Four Arrows R.H.A. selected by Assembly of First Nations as one of three national sites to address Public Health in first nations.

2006 – 2008
Development, completed and approved of an Island Lake Regional Primary Health Care Centre Master Service Plan.

April 1, 2019

Integration of Four Arrows Regional Health Authority and Neewin Health Care Inc.

October 2018 – March 2019

A series of six (6) Governance Working Group meetings are held to prepare a report and recommendation to the Leadership.

May 2018

Island lake Working Group on Governance commences discussions and planning.

March 2018

Public announcements that they are withdrawing their political affiliation with MKO.

February 2018

ILTC starts preparing opting out BCRs for the Island Lake communities. An informal Governance Working Group Core Team is tasked with the preparation and consists of ILTC and Four Arrows RHA regional technicians.

June 2016

Start of the development of possible health integration and governance models, based on the recommendations and priorities from the Chiefs' Summit on Health.

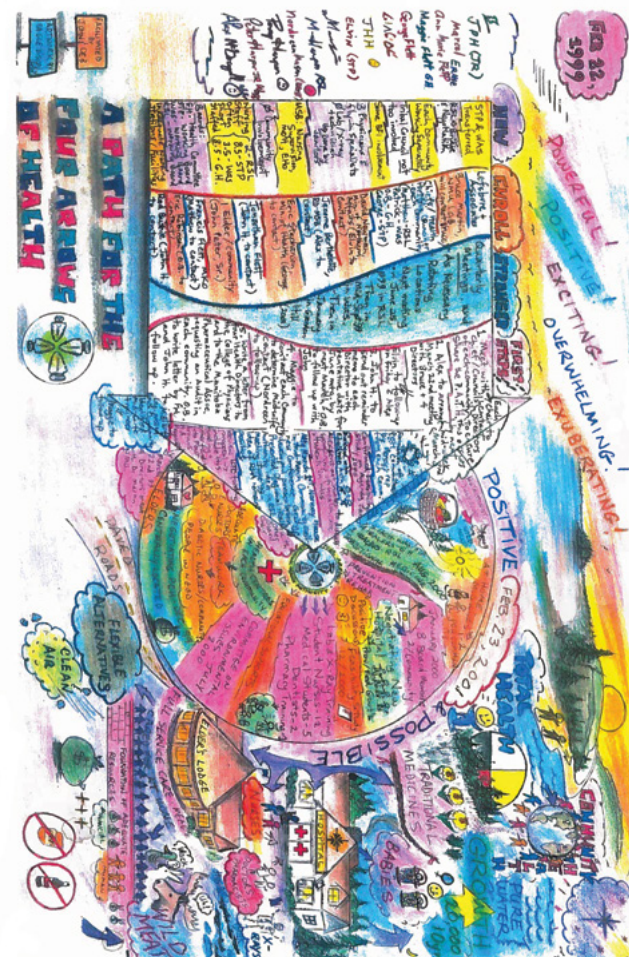
June 2016

The Island Lake Chiefs commission an "Island Lake Chiefs' Summit on Health" to examine where the Island Lake communities are, in terms of health delivery and services and to discuss the relationships with MKO and the PTO organizations.

January 2015

A follow-up Regional Planning and Strategy Session with the Island Lake Chiefs, elders and health technicians along with Manitoba Health, Aboriginal Northern Affairs, and First Nation Inuit Health Branch, to offer feedback on the continued work on regional issues and Work Plans.

Moving Forward



Our Communities

