

First Nations and Inuit Health Branch

Publication Resource Centre Catalogue

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All materials are provided free of charge.

There is a limit of **one copy** per order for videos and printed materials. Only materials marked with an asterisk may be ordered in bulk, however, we reserve the right to limit quantities.

Please allow 3 - 4 weeks for all orders.

VIDEOS

ADDICTIONS

- ADV-1 ***The Circle Moving*** - Native communities across Canada show how they conquered alcohol and drug abuse. English/French. 1990, 28:00.
- ADV-2 ***A New Dawn*** - Native men and women speak up for women's special concerns about alcohol and drug abuse. 1983, 14:45.
- ADV-3 ***The Only Gift*** - Native women have the power to change attitudes towards drug and alcohol abuse in their communities and to guide their children towards an addiction-free life. 1990, 30:00.
- ADV-4 ***Where We've Been, Where We're Going*** - An introduction to the causes of drug and alcohol addiction as native men and women talk about their experiences, traditional values and the role native traditional values can play in overcoming additions. 1983, 60:00.
- ADV-5 ***Caravan for Youth - 1984*** - A team of native facilitators show how they started youth programs for the prevention of alcohol and drug abuse on reserves in Ontario and Saskatchewan. 1984, 29:00.
- ADV-6 ***Honour of All - Part I*** - The future of Alkali Lake, BC - the community's struggle for sobriety. English/Inuktitut. 1990, 56:40.
- ADV-7 ***Honour of All - Part II*** - The future of Alkali Lake, BC. 1990, 43:30.
- ADV-8 ***Family Secrets*** - Depicts the roles that family members play as a result of having an alcoholic in their midst. 1986, 25:00.
- ADV-9 ***Pills, One Too Many? Making Choices for the Future*** - Prescription drug abuse in First Nations communities. 1998, 46:00.

FAMILY VIOLENCE

- FVV-1 ***All Our Business*** - The story of one native woman depicting spousal assault and its effects. 1985, 22:00.
- FVV-2 ***A Summer in the Life of Louisa*** - The story of a battered wife in a Northern setting. Produced in Inuktitut with English/French subtitles. 1987, 27:00.
- FVV-3 ***Piitaa Pookaiksi - Children of the Eagle*** - Child sexual abuse - a video and resource handbook. 1991, 30:00.

FETAL ALCOHOL SYNDROME

- FAV-1 ***Something to Celebrate*** - A couple discover alcohol and pregnancy don't mix. English/French. 1984, 23:00.
- FAV-2 ***Before I was Born.*** English/French

HOME AND COMMUNITY CARE

- HCV-1 ***A New Start (Home and Comm. Care)*** - A 15 minute video on the benefits of home and Community Health Care Programs in First Nations Communities.

HIV/AIDS

- ASV-1 ***HIV/AIDS*** - Presentation from the Aboriginal Nurses Association's First National Teaching Conference "Keeping Our Children Safe". 1997.

MISCELLANEOUS

- MCV-1 ***Mi'kmaq Family*** - Valuable resource of ways to strengthen and explore traditions. 1995, 32:26.
- MCV-2 ***Rise and Shine*** - Four young Alberta natives tell their life stories. 1987, 28:00.
- MCV-3 ***A Bad Dream*** - A young native faces the tragic consequences of drinking and driving. 1987, 16:45.
- MCV-4 ***Call of the Drum*** - Nipissing Band Reserve - The impact and positive effects role models and responsible resource persons have had on the reserve lifestyle. 1990, 23:00.
- MCV-5 ***Self Esteem*** - Presentation from the Aboriginal Nurses Association's First National Teaching Conference "Keeping Our Children Safe". 1997.
- MCV-6 ***Traditional Parenting*** - Presentation from the Aboriginal Nurses Association's First National Teaching Conference "Keeping Our Children Safe". 1997.
- MCV-7 ***Teen Pregnancy*** - Presentation from the Aboriginal Nurses Association's First National Teaching Conference "Keeping Our Children Safe". 1997.
- MCV-8 ***Injury Prevention*** - Presentation from the Aboriginal Nurses Association's First National Teaching Conference "Keeping Our Children Safe". 1997.
- MCV-9 ***Traditional Healing*** - Presentation from the Aboriginal Nurses Association's First National Teaching Conference "Keeping Our Children Safe". 1997.

NUTRITION

- NTV-1 ***The Bonding Circle of Breast-feeding*** - Conveys the message loud and clear that breast-feeding is and always will be a part of First Nations' tradition and culture. English/French. 1991, 15:25.
- NTV-2 ***Choosing the Right Path: Moccasin Trail to a Healthy Life*** - Walpole Island First Nation Health Centre's plan to encourage exercise and healthy eating as a means of controlling and preventing diabetes. 1995.

SOLVENT ABUSE

- SAV-1 ***Inhalant Abuse*** - Depicts young abusers as well as clinical demonstrations and comments by professionals on the effects of inhalants. This video is not to be shown to potential abusers. 1987, 26:00.
- SAV-2 ***A Hit For Mike*** - Members of the community get involved with helping Mike, a 13 year old "sniffer", overcome his addiction problem. With handbook. English/French. 1985, 29:00.
- SAV-3 ***Up Your Nose*** - Native teenagers go on a sniffing spree which ends in tragedy. 1990, 8:00.
- SAV-4 ***79 Cent High*** - A native couple learns how to recognize the signs of sniffing in their children and what to do about it. 1990, 13:06.
- SAV-5 ***How We Stopped Sniffing*** - Native children experience the negative aspects of glue sniffing. 1990, 18:00.
- SAV-6 ***Solvent Abuse - A Matter of Life and Death*** - This video deals with solvent abuse north of 60 degrees. It also contains interviews with abusers and parents whose children have died as a result of sniffing. Inuktitut with English/French subtitles. 1988, 28:00.
- SAV-7 ***Sniff 'n' Huff*** - A rock video intended to act as a deterrent to youth considering "sniffing". 1989, 5:00.
- SAV-8 ***Spirit of the Forest*** - An animated video on solvent abuse with resource book. English. 1991, 20:00.
- SAV-9 ***Sniffing Stinks*** - A video in which native youth speak on their experience with solvent abuse with resource book. English 1991, 23:10.

SUICIDE

- SCV-1 ***Healing Journey*** - A teenage suicide prevention video with a facilitators guide. 1995, 24:00.
- SCV-2 ***Suicide Prevention*** - Presentation from the Aboriginal Nurses Association's First National Teaching Conference "Keeping Our Children Safe" . 1997.

TOBACCO

- TCV-1 ***Holding Our Own*** - Strategies during pregnancy & motherhood to stop smoking. 1998, 24:00.

PRINTED MATERIAL

ADDICTIONS

- AD-1 ***Therapeutic Recreation and Physical Development - Counsellors' Manual***
- Demonstrates that recreation and physical development are integral components to the total recovery of alcoholics. September, 1987. English/French
- AD-2 ***Strength of the Spirit: A Community Effort in the Treatment and Prevention of Drug Abuse*** - Final report of a 1993/94 community-based research project in Alberta.
- AD-3 ***Research on Native Adolescents and Substance Abuse*** - A product of The Next Generation Native Adolescent Substance Abuse Project developed by the Round Lake Treatment Centre.
- AD-4 ***Overview - The Four Worlds Development Project*** - Conference dedicated to the goal of eliminating alcohol and drug abuse. Faculty of Education, The University of Lethbridge.
- AD-5 ***Holistic Educational Evaluation for Community Transformation - A Preventive Approach*** - The connection between holistic education evaluation and alcohol and drug abuse.
- AD-6 ***Your Sobriety! Our Future! - A Spiritual Model of Recovery*** - A two-part manual which has been prepared to assist native and Inuit alcohol and drug rehabilitation staff in helping our people find a new way of life.
- AD-7 ***Using Measuring Tests in NNADAP Treatment and Prevention Programs***
- Covers screening tests, clinical inventories, self-confidence measures, client feedback instruments, and follow-up and aftercare.
- AD-8 ***NNADAP & NYSAP Treatment Centre Directory*** - List of all National Native Alcohol and Drug Abuse Program and National Youth Solvent Abuse Program centres. 2001. English/French
- AD-9 ***Resource Manual for Prevention Workers in First Nations Communities*** - Prevention guide based on the *Prevention Framework*. May, 1995. English/French
- AD-10 ***Futuristic Addictions Develop Futuristic Addictions Treatment and Health Approaches*** - True documentation on two Indian bands who decided that their communities could become sober.
- AD-11 ***O'Chiese Information Package Guidelines for Community Sobriety*** - The story of a community's commitment to society.

- AD-12 ***The Effectiveness of Native Halfway Houses in the Treatment of Alcohol Abuse*** - Information, knowledge and experience from native halfway houses in the United States which can be applied throughout Canada.
- AD-13 ***Follow-Up and Aftercare Manual*** - Follow-up and aftercare are newly emerging terms in the field of alcoholism. The ingredients to create a useful, practical follow-up and after-care program are included in this manual. September, 1991. English/French
- AD-14 ***Prevention Framework*** - Examines the needed elements to run a good prevention program. English/French
- AD-15 ***Indigenous Canadians: Substance Use Profile 1995*** - Highlights of what is known about abuse in the Indigenous community and the differences between Indians on and off reserve, Metis and Inuit communities.
- AD-16 ***Morbidity and Mortality Related to Alcohol, Tobacco and Illicit Drug Use Among Indigenous People in Canada*** - Study contains information on the relative risk of disease associated with different levels of consumption combined with prevalence data from national surveys.
- AD-17 ***Aboriginal Substance Use - Research Issues*** - Proceedings of a Joint Research Advisory Meeting of the Canadian Centre on Substance Abuse and the National Native Alcohol and Drug Abuse Program.
- AD-18 ***Prescription Drug Misuse Package*** - A community guide for mobilizing action on prescription drug abuse - training programs - guidelines and directory of treatment centres.
- AD-19 ***Treatment Outcome Measures and Data Collection Methods for First Nations and Inuit Substance Abuse Programs*** - Final Project Report. 1999.
- AD-20 ***Needs Assessment for a National First Nation and Inuit Registry of Substance Abuse Services*** - Final Report of the National Advisory Group. 1999.

CHILD DEVELOPMENT

- CD-1 ***How About . . . Child Development*** - An introductory source book on child development. February, 1995. English/French
- CD-2 ***Child Development Framework*** - The results of a think-tank that brought together First Nations and Inuit to discuss the elements that should be included in a framework document. February, 1995. English/French

- CD-3 **1993/94 Resource Listing of Parenting Programs used by First Nations and Inuit** - The 14 parenting programs listed have a general description, philosophy, and purpose of the program, cost, and order information. August, 1994. English/French

DIABETES

The Aboriginal Diabetes Initiative Is one of four components of the Canadian Diabetes Strategy announced by the Government of Canada in 1999. The two ADI programs cover respectively the First Nations on-reserve/Inuit in Inuit communities and the Métis/off-reserve Aboriginal/urban Inuit and have developed frameworks outlining their specific program activities.

- DB-1 **Aboriginal Diabetes Initiative First Nations On-reserve and Inuit in Inuit Communities Program Framework** - The First Nations On-reserve and Inuit in Inuit Communities program includes activities providing care and treatment, prevention and promotion, and lifestyle supports.
- DB-2 **Aboriginal Diabetes Initiative Métis Off-reserve Aboriginal and Urban Inuit Prevention and Promotion Program Framework** - The Métis, Off-reserve Aboriginal and Urban Inuit program provides for prevention and promotion activities through proposal-based projects.
- DB-3 **Guide to Applicants for Proposed Projects - Métis, Off-reserve Aboriginal and Urban Inuit Prevention and Promotion (MOAUIPP) Program** - This document includes information for organizations applying for funding under the MOAUIPP process. It includes program objectives, who can apply, how they can apply, and what information is required in the application. An application form is appended to the guide. The guide is to be used by organizations applying to either the general call for proposals, or the strategic priorities call for proposals. The guide is available in English, French and Inuktitut.
- DB-4 **Request for Proposals - General - Métis, Off-reserve Aboriginal and Urban Inuit Prevention and Promotion Program.** This document includes information specific to the general request for proposal process initiated by the MOAUIPP program. It is intended for use with the Guide to Applicants for Proposed Projects, and is sent out when the proposal process is initiated. The general call for proposals can go to any interested organization in order for them to determine their eligibility to apply under this program. It includes general information on the proposal process. This document is available in English, French and Inuktitut.
- DB-5 **Request for Proposals - Strategic Priorities - Métis, Off-reserve Aboriginal and Urban Inuit Prevention and Promotion Program.** This document provides information specific to the request for proposals for organizations applying under the strategic priorities stream of the MOAUIPP program. Applications for this stream are targeted, in that organizations are invited to apply. It is intended for use with the Guide to Applicants for Proposed Projects,

and is sent out with the guide when the proposal process is initiated. This document is available in English, French and Inuktitut

- DB-6 ***Diabetes Among Aboriginal (First Nations, Inuit, and Métis) People in Canada: The Evidence:*** From a disease that was virtually unknown among First Nations, Métis, and Inuit people 50 years ago, the prevalence of diabetes among First Nations is now at least three times the national average, with elevated rates occurring in all age groups. This document collates the available data based on literature searches and various surveys (Aboriginal Peoples Survey, Regional Health Surveys, Non-Insured Health Benefits, Stats Canada). (March 2000)

As part of its social marketing plan, the ADI has developed a series of 6 one page Fact Sheets to provide information on diabetes. The fact sheets are available in either English/French or English/Inuktitut format. The sheets were developed to promote awareness of diabetes, it's complications and what can be done to prevent it and live a healthy life with diabetes. The fact sheets include information that is aboriginal specific.

Available in single sheets or pads of 50 (please indicate on your order).

- | | |
|-------|---|
| DB-7 | <i>What is Diabetes?</i> English/French/Inuktitut |
| DB-8 | <i>Diabetes: What are the risks?</i> English/French/Inuktitut |
| DB-9 | <i>How do I know if I have diabetes?</i> English/French/Inuktitut |
| DB-10 | <i>Living Well with Diabetes - Healthy Eating</i> English/French/Inuktitut |
| DB-11 | <i>Living Well with Diabetes - Active Living</i> English/French/Inuktitut |
| DB-12 | <i>Smoking and Diabetes</i> English/French/Inuktitut |

- DB-13 ***Aboriginal Diabetes Initiative Evaluation Framework*** – Feb. 2002
English/French

ENVIRONMENTAL HEALTH

- EN-1* ***Wilderness Water*** - A guide to wilderness drinking water. English/French
- EN-2 ***Your Environmental Health Program*** - This booklet provides specific information on the environmental health program delivered to First Nations. 1996. English/French

FAMILY VIOLENCE

- FV-1 ***Direct Services for Battered Native Women in Canada*** - This report provides information about direct services used by battered women in Canada.

- FV-2 ***Northern Native Wife Abuse Prevention Demonstration Project*** - To assess the correlation between the abuse of alcohol and the incidence of wife abuse.
- FV-3 ***Knowing Our Direction*** - A handbook for family violence research.
- FV-4 ***A Guide for the Development of Family Violence Committees*** - This guide reviews areas to consider when developing a family violence committee. English/French
- FV-5 ***A Guide for the Development of Protocols Governing Investigations into Family Violence*** - Investigation protocols governing family violence must be designed, developed, and implemented by personnel trained and educated about the effects of family violence, with a clear understanding of the historical events which have affected First Nations people. English/French
- FV-6 ***Voices from Communities: First Nations and Inuit - A Summary of Recommendations for Community Healing*** - National overview from 1991 to 1994 of the First Nations and Inuit participation in the Family Violence Initiative. English/French
- FV-7 ***Family Violence in First Nations Communities: A Study of Attitudes and Awareness of Family Violence Issues*** - Provides an impression of community response to the promotion and education activities of community projects.
- FV-8 ***The Right to be Special*** - Native alcohol and drug counsellor's handbook for working with sexual abuse disclosure.
- FV-9 ***Courage, Wisdom & Love: First Nations and Inuit Men Healing from Childhood Sexual Abuse*** - A guide for caregivers of sexual abuse victims. March, 1996.

FETAL ALCOHOL SYNDROME

- FA-1 ***It Takes A Community*** - A 2001 reprint of the 1997 edition includes the original broad base of FAS/FAE information which can be used to facilitate discussion, networking, and to provide support for the design, development and delivery of community-based prevention and intervention strategies. The inclusion of the First Nations and Inuit FAS/FAE Initiative Framework places this manual in the context of the federal government involvement on this issue from the First Nations and Inuit perspective. English/French
- FA-2 ***Stop FAS/E Now!*** (pamphlets) – Alcohol and pregnancy don't mix. English/French/Inuktitut

HEALTH CAREERS

- HC-1* ***Health Administration - A Career Opportunity*** - Describes the duties of a Health Administrator, explains the educational requirements and advises on the financial assistance available. English/French
- HC-2 ***Handbook of Mental Health Training Resources for First Nations and Inuit Communities*** - This handbook provides a descriptive inventory of existing training programs specializing in mental health. March, 1995.
- HC-3* ***Planning Together*** - A guide for organizing a career information day. 1992. English/French
- HC-4* ***Planning a Future*** - This booklet helps youth focus on possible careers and the path they need to follow to achieve their career goals. English/French
- HC-5* ***Meet the Challenge: Indian and Inuit Health Careers Program Information Kit*** - The Indian and Inuit Health Careers Program encourages and supports Aboriginal participation in educational opportunities leading to professional careers in the health field. English/French

HEALTHY BABIES

- HB-1 ***Healthy Children - Healthy Nations: A Framework to Support the Health and Well-Being of First Nations Children*** - Provides First Nations health managers and community caregivers with information to help others in their communities achieve a healthy baby, born to and nurtured in a healthy family, living in a healthy community. English/French
- HB-2 ***An Annotated Inventory of Maternal and Child Health Programs*** - A comprehensive and inclusive list of maternal and child health programs reported to be offered by Medical Services Branch in Aboriginal communities. 1996. English/French
- HB-3 ***Maternal-Child Health Care Programs for Aboriginal People: A Review of the Literature*** - A review of Aboriginal infant, child, maternal, and dental programs over the past 10 to 15 years; identification of effective, efficient and culturally appropriate programs; and recommendations for future programs. 1995.

HIV/AIDS

- AS-1 ***Guidelines for the Delivery of HIV/AIDS Programs & Services by Medical Services Branch*** - This document provides information and guidelines that make up a policy framework including: education and prevention; HIV testing, counseling and risk assessment; and care, treatment and support for people living with HIV or AIDS. March, 1995. English/French

- AS-2 ***Healing Our Nations*** - Proceedings of the 4th Canadian Aboriginal Conference on HIV/AIDS and related issues. November, 1996. English/French
- AS-3 ***Indigenous Traditional Medicine and HIV/AIDS: A Literature Review*** - An examination of the historical beliefs of the First Nations, their approach to healing and how this might be used to develop culturally relevant HIV/AIDS training and education. August, 1996. English/French
- AS-4 ***First Nations HIV/TB Training Kit*** - Designed to address ways in which community health educators can assist in the prevention, care and treatment of HIV/TB and Dual Infection within First Nations communities. April, 1997. English/French
- AS-5 ***Interjurisdictional Coordination on HIV/AIDS and Aboriginal Populations: Issues and Approaches*** - This paper provides a starting point for the discussion of mechanisms that could improve information sharing and coordination within current jurisdictional mandates and structures. January, 1995. English/French
- AS-6 ***Joining the Circle: An Aboriginal Harm Reduction Model*** - This package is designed to help CHR's and other aboriginal health programmers learn more about Aboriginal injection drug use and develop a Harm Reduction program for their community. 1998.
- AS-7 ***Coping With HIV/AIDS in Aboriginal Communities*** - This resource manual was developed by NIICHRRO to provide an outline for conducting AIDS 101 workshops. March 1998. English/French
- AS-8 ***Research on HIV/AIDS in Aboriginal People - A Background Paper*** - HIV/AIDS burden of illness among Aboriginal peoples in Canada; determinants and risk factors; interventions; and research methods and ethics. Aboriginal people throughout Canada provided feedback on the content of this paper. English/French
- AS-9 ***HIV/AIDS Resource Guide*** - This guide was developed by the Assembly of First Nations Health Secretariat in order to meet the needs of First Nations individuals living with the HIV/AIDS virus, their families and their communities. March, 1997. English/French
- AS-10 ***11th Annual International Two Spirit Gathering*** - This report is about a gathering of Aboriginal People held at the Dr. Jessie Saulteaux Resource Centre. This is a project sponsored by the Manitoba Aboriginal AIDS Task Force. December, 1998.

MENTAL HEALTH

- MH-1 ***Agenda for First Nations and Inuit Mental Health*** - The concerns and issues raised by community workers and proposed directions for a federal response. Includes seven background reports. June, 1991. English/French
- MH-2 ***Guiding Principles on Mental Health Training and Professional Development*** - Proposed guidelines for mental health training which can be extended to all human service practitioners. August, 1993. English/French
- MH-3 ***Vision Seekers*** - Is a two-part structured personal and social development program for First Nations Youth at high social risk. The program serves as a guide for secondary intervention programming and is intended as an after school and summer camp learning program. Targeting 12-14 yr old adolescents.
- MH-4 ***Final Report of the Proceedings of the Workshop on Developing a Framework Document for the Training of First Nations Community Mental Health Workers*** - Held in Winnipeg, March, 1994; revised, September, 1994. Includes appendices I - VI. English/French
- MH-5 ***Capacity Building*** - the document features Highlights of the Annual Conference on Mental Health. September 1998.

MISCELLANEOUS

- MC-1 ***Guidelines How To Perform a Native Community Drug and Alcohol Needs Assessment*** - Needs assessment studies represent the initial step in a process of positive, proactive, and creative change. Revised, 1989. English/French
- MC-2 ***SAY - Strategies for Aboriginal Youth in Community Action*** - Developed from a youth workshop, this handbook reveals how and why to tap youth's immense potential in community action. English/French
- MC-3 ***A Guide - How to do Research*** - A brief outline which will assist those undertaking community-based research.
- MC-4 ***Elders and Youth - A Native Cultural Tradition*** - To show youth that Elders hold our traditions by their teachings, caring, and sharing.
- MC-5 ***How About...Evaluation*** - A handbook about project self-evaluation which leads to development and improvement of community programs. January, 1993. English/French.
- MC-6 ***How About...Planning*** - A ten step guide to planning community services. March, 1995. English/French
- MC-7 ***Final Report - James and Hudson Bay Child Health Project: Pilot Study*** - This study aims to identify options for interventions to improve the quality of life for children. Summer, 1995.

- MC-8 **Community Health Representatives Scope of Duties** - Final report of the CHR Working Group. 1993. English/French
- MC-9 **Recruitment and Hiring Guidelines** - Provides suggestions for employers to assist them in the hiring of staff. English/French
- MC-10 **Trends in First Nations Mortality 1979 - 1993** - The trends revealed in this report provide a clear direction to First Nations people, policy makers and health-care professionals when attempting to improve First Nations' health status. English/French
- MC-11 **First Nation & Inuit Health Directorate Programs (FNIHP) Directorate - 1999-2000 ANNUAL REVIEW** - To share information on activities and services and also highlights FNIHP's main planned activities for the 1999-2000 fiscal year.
- MC-12 **Tuberculosis In First Nations Communities (revised-1999)** –Summarization of TB in First Nations. English/French
- MC-13 **Methyl mercury in Canada, volume 3**- Exposure of First Nations and Inuit Residents to Methyl mercury in Canada Environment. 1999. English/French

ABORIGINAL PEOPLES: Community Action Resources for Inuit, Metis and First Nations

The package is intended to assist Aboriginal people in developing, implementing and evaluating community action initiatives. Information on specific topics is presented in a series for manuals with the following titles:

- MC-14 **Toolbox** - The toolbox contains information that can be useful at any stage in the process. For example, it offers information about interpersonal aspects of implementing a community development project as well as facilitation tool as and techniques for a successful community project. 1998. English/French
- MC-15 **Assessing Needs** - This section assists in the development of a structured process for assessing needs. It provides a description of the five steps involved in planning a needs assessment including research methods, data collection and report writing. 1998. English/French
- MC-16 **Planning** - This manual provides information of the importance of planning and includes practical examples of charts and forms that can be used to develop a specific plan for a community program. 1998. English/French
- MC-17 **Finding Resources** - This section offers insights and tips concerning the search for resources. It provides information on how to plan and establish a volunteer program in an organization and how to use appropriate techniques and tools to obtain necessary resources (money, materials, services, volunteers). 1998. English/French
- MC-18 **Making it Happen** - This resource presents a systematic approach for

implementing projects, applying the principles of teamwork , basic budgeting and accounting, and project promotion. 1998. English/French

MC-19 ***Evaluating*** - This sections provides a five-step program evaluation model. It promotes evaluation as a positive and consecutive process to improve a program. 1998. English/French

- MC-20 ***Pharmacy Standards of Practice for First Nations and Inuit Health Branch Health Facilities*** - The Pharmacy Standards outline the minimal requirements for the safe and effective provision of pharmacy services to clients serviced by First Nations and Inuit Health Branch facilities. English/French
- MC-21 ***Pharmacy Standards of Practice for First Nations and Inuit Health Branch Health Facilities*** - The information pamphlets provide an overview of the Pharmacy Standards. These pamphlets are intended to provide information to all personnel or volunteers involved in providing health care services in First Nations communities. Bilingual

NUTRITION

- NT-1 ***Native Foods & Nutrition - An Illustrated Reference Manual*** - An educational tool for health professionals and educators working in a variety of settings. It is intended for use with the Nutrient Bar Graphs for Native Foods. Revised, 1995. English/French
- NT-2 ***Nutrient Bar Graphs for Native Foods*** - An illustrated guide to the nutrient value of some foods used by aboriginal people in Canada. English/French
- NT-3 ***Building Healthy Babies, 2nd Edition*** - A prenatal nutrition manual for community health workers in First Nations communities 2003 English / French Available only on CD in pdf format, that can be printed. (Available in Inuit and First Nations versions)
- NT-4 ***Canada Prenatal Nutrition Program - First Nations and Inuit Component, Principles and Guidelines*** (revised June 2000) These revisions reflect the input from the First Nations and Inuit CPNP discussion and feedback sessions held across the country in the early months of 2000. English/French
- NT-5 ***Canada Prenatal Nutrition Program - First Nations and Inuit Component, National Framework for Program Expansion 2000*** English/French
- NT-6* ***Having a Healthy Baby! There's So Much To Think About*** - Food Guide for Pregnancy and Breastfeeding. English/French
- NT-7 ***How to Have a Healthy Baby - Gestational Diabetes*** - A guide for pregnant women to prevent or deal with gestational diabetes. English/French
- NT-8 ***Nutrition Update - Food Security Parts 1&2*** - Food security is the assurance that all people have access to the food they need for an active, healthy life. 1994-1995. English/French
- NT-9 ***Diabetes Among First Nations People*** - Information from the Statistics Canada 1991 Aboriginal Peoples Survey. 1998. English/French
- NT-10 ***Building a Healthy Baby- Food Guide*** - A food guide and Building Blocks for a Healthy Baby - Graph. March 1999. English/French

NT-11 ***In Touch - Diabetes & Change, Vol. 9 No. 1*** - The National Indian & Inuit Community Health Representatives Organization Publication. 1999.

NT-12 ***In Touch - Prenatal care approaches in Aboriginal Communities, Vol. 11 Winter*** - The National Indian & Inuit Health Representatives Organization Publication. English/French 1999.

How Well Did You Eat Yesterday For You and Your Baby? (Nutrition Screening Tool)

An easy-to-use tool for health workers to help pregnant women identify ways they can improve their eating, based on Canada's Food Guide. It can be used to help pregnant women set goals for dietary change, and includes messages about the quality as well as quantity of foods recommended during pregnancy. This tool consists of two parts:

NT-13A ***Assessment Forms:*** Tear-off sheets which the workers fill out with the pregnant woman, to identify the number of portions from each food group which she ate.

NT-13B ***Envelope:*** A reusable form which helps workers to interpret the assessment forms, and assist the woman to set healthy eating goals.

The Portion Size Guide (NT-14) and Food Group Handouts (NT-15 series) are companion materials to this tool.

NT-14 ***Portion Size Guide*** - This booklet contains actual-size photos of individual foods, and can be used by health workers to teach about portion sizes of foods from the 4 food groups of Canada's Food Guide. It can be helpful in any nutrition education session, where Canada's Food Guide or any Food Guide adapted for First Nations or Inuit is discussed. It is intended as a companion to the nutrition screening tool.

Food Group Tear-off Sheets

This series of tear-off sheets features key messages each of the four food groups from Canada's Food Guide, and the "other foods." Each fact sheet includes information on healthy amounts to eat and information on the most nutritious choices. Each one also features tips about diabetes and food budgeting.

- NT-15A Bannock Breads and Cereals
- NT-15B Berries, Fruits and Vegetables
- NT-15C Milk and Other Calcium Sources
- NT-15D Meat and Alternatives
- NT-15E Other Foods

SOLVENT ABUSE

SA-1 ***Solvent Use/Abuse Among the Canadian Registered Indian and Inuit Population - An Overview Paper*** - Provides a summary of information regarding issues and concerns of solvent use/abuse among Canadian registered Indian and Inuit populations.

- SA-2 ***Self Evaluation: Its Relationship to Substance Use in Native Adolescents*** - A thesis to determine prevention strategies that could reduce abuse, related health problems, and violent deaths amongst young native people.
- SA-3 ***Peace River Area School Project - Guide for Teachers*** - Curriculum outlines for kindergarten to high school about solvent abuse.
- SA-4 ***Handbook on Solvent Abuse*** - Provides an overview of solvent and aerosol abuse, and offers some suggestions for dealing with the problem.
- SA-5 ***Presentation Model - Solvent Abuse*** - The model is to assist presenters and is suitable for an overhead projector presentation. English/French/Inuktitut
- SA-6 ***Factsheet - Questions and Answers About Solvents*** - A demonstration aid for professionals and para-professionals in the health and education field.
- SA-7* ***The Story of John Otter*** - Colouring book dealing with youth and sniffing.
- SA-8 ***The Truth Heals*** - Notes from a national consultation with youth and service providers on Aboriginal (off-reserve) solvent abuse. English/French
- SA-9 ***Thompson Anti-Sniff Information Package*** - Information on solvents for teachers and care givers.
- SA-10 ***Solvent Abuse - Ann and Bill*** - Colouring book to inform young people about the danger of sniffing gas.
- SA-11 ***First Nations and Inuit Community Youth Solvent Abuse Survey and Study*** - A perspective on the treatment of solvent abuse among First Nations and Inuit youth. Includes updated survey results. English/French
- SA-12 ***Your Community! Our Future!*** - A resource kit on solvent abuse to help community workers plan and implement solvent abuse prevention programs. English/French
- SA-13 ***Solvent Abuse Treatment Outcome Evaluation Study*** - Independent overview of the effectiveness of treatment programs by Medical Services Branch, Health Canada. October, 1996
- SA-14 ***The Next Generation Solvent Abuse Community Intervention and Resource Project*** - A demonstration project to test a community-based solvent abuse intervention model.
- SA-15 ***Solvent Abuse Prevention & Education Program*** - Vancouver Aboriginal Friendship Centre Society's final report of their 1996-1997 program.
- SA-16 ***Solvent Abuse Prevention Workshop Manual*** - Nechako Fraser Junction Métis Association manual enables anyone to deliver solvent abuse workshops to children, teens and the general public.

- SA-17 **Saskatoon Friendship Inn 1996-97 Solvent Abuse Prevention Project** - This project offers a means for individuals and agencies to begin to address the problem of solvent abuse.
- SA-18 **Solvent Abuse: Finding Answers From Within** - Resource manual produced by Aisokina and the Centre of Sexual and Community Violence Centres, Wood's Homes.
- SA-19 **A Guide to Creating Your Own Puppet Theatre Prevention Program** - A means to provide prevention and awareness of solvent abuse while allowing youth to be role models by educating their peers.

SUICIDE

- SC-1 **Your Life! Our Future!** - A suicide prevention resource kit containing current and valuable information about new intervention and development models. March, 1989. English/French
- SC-2 **National Suicide Prevention Workshop Proceedings** - Convened by the Minister of Health and Welfare Canada. March, 1993. English/French
- SC-3 **Our Healing Journey Begins With Understanding** - A guide on suicide prevention for community helpers which aids in the recognition of potentially harmful situations. 1995.
- SC-4 **Resource Material Listing on Suicide Prevention, Child Development, Mental Health Issues**
- SC-5 **Discussion Notes from the Suicide Prevention Workshop** - A presentation of the voices and the wisdom of the people who attended the Framework for Living workshop. February, 1995. English/French
- SC-6 **Resource Listing on the Issue of Suicide**
- SC-7 **Focus Group on Suicide Prevention** - This document represents the highlights of the June 1995 workshop presentations, panels discussions and key issues that emerged.

TOBACCO

- TC-1 **Eating Smoke: A Review of Non-Traditional Use of Tobacco Among Aboriginal People** - This paper reviews published literature concerning the non-traditional use of tobacco. 1996. English/French
- TC-2 **Information Session Proceedings of the National First Nations and Inuit Working Group on the Non-Traditional Use of Tobacco to Medical Services Branch, Health Canada** - Addresses the aboriginal component of the

Tobacco Demand Reduction Strategy to reduce the non-traditional use of tobacco. May, 1995. English/French

- TC-3 ***Protecting Our Families*** - Resource manual on the non-traditional use of Tobacco in First Nations and Inuit communities developed by NIICHRRO, which provides a variety of workshop ideas. March, 1996. English/French
- TC-4 ***Helping You Quit: A Smoking Cessation Guide for Aboriginal Women in Canada*** - Produced by the Native Women's Association of Canada, this is a smoking cessation prototype which was developed to meet the specific needs of the aboriginal female population. 1996. English/French
- TC-5 ***First Nations Youth Inquiry Into Tobacco Use*** - This Inquiry, the largest research undertaking among First Nations, documented tobacco abuse among Aboriginal Youth in 96 on- Reserve communities across Canada. April 1997.

ABORIGINAL HEAD START ON RESERVE

- AHS-1 ***Guide for Applicants*** - This guide provides information on how to apply for projects under the Aboriginal Head Start On Reserve initiative. This program is intended for young First Nations children - up to 6 years of age - who live in First Nations communities. 1998. English/French
- AHS-2 ***Principles and Guidelines*** - The Aboriginal Head Start On Reserve Program principles and guidelines have been developed to provide the basic fundamentals for the initiative. This document is designed so that projects may follow the guidelines, and develop strategic plans and work plans, including goals and objectives that are specific to each community and project. 1998. English/French
- AHS-3 ***First Nations Head Start*** - Project Holders Directory Listing 2000 and Map English/French
- AHS-4 ***Aboriginal Head Start On Reserve Program*** - FNIHB 1999-2000 Annual Report. English/French

POSTERS

- NP-1 ***Aboriginal Diabetes Initiative Awareness Poster - Eat Right. Be Active. Have Fun!*** Poster Set – English/French/Inuktitut
- NP-2 ***AHS On Reserve Posters*** - “A Child’s World of Wonders” Colour. 1999. Bilingual
- NP-3 ***AHS On Reserve Posters*** - Aboriginal child with AHS blocks. Colour. 1998.
- NP-4 ***Fetal Alcohol Syndrome/Effects – Stop FAS/E Now!*** English/French/Inuktitut