

# ONTARIO REGION UPDATE



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une version française, please email  
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## **Pertussis: What to know about whooping cough**

Cases of pertussis, commonly known as “whooping cough,” are rising in Ontario. So far, few whooping cough cases have been reported in First Nations communities in 2024. Whooping cough is extremely contagious. Without vaccine protection, it can be especially serious for infants and young children.

[Click here to download a set of social media graphics](#) with important facts about whooping cough, as well as suggested text to accompany the posts. Please consider sharing these with your community through social media, printed posters, or other shareable means.

## **New posters available: Measles; evacuations and mental health**

A new poster highlighting classic measles symptoms is now available from the Public Health Agency of Canada. [Click here to access it.](#)

Additionally, two new posters are available outlining mental health resources to support community members facing evacuation. These posters include information on managing mental health; tips for parents and caregivers; substance use; and family and gender-based violence.

- [Click here to access version 1](#), which outlines national resources and helpful tips.
- [Click here to access version 2](#), which has additional space to add local resources.

## **Help is here whenever you need it**

Support is available 24/7 for all First Nations, Inuit, and Métis peoples. Please find a list of mental health helplines below, able to provide culturally relevant support. To find more services and resources, [click here to go to the Indigenous mental health page.](#)

### **Hope for Wellness Helpline**

Phone: 1-855-242-3310

Online chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### **Missing and Murdered Indigenous Women and Girls Support Line**

Phone: 1-844-413-6649

### **Indian Residential Schools Crisis Line**

Phone: 1-866-925-4419

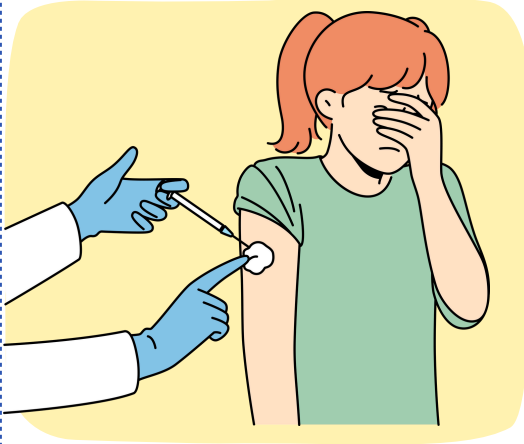
### **Mental Health and Suicide Prevention Services**

Phone: 9-8-8 (call or text)



## Getting vaccinated: Reducing stress for patients

It is not uncommon to experience anxiety or fear about getting immunized, [especially for children and youth](#). You can share the following list of resources to help reduce stress among your community members during vaccination. Resources include strategies, activities, and self-advocacy plans.



### [CARD System Learning Hub](#)

This online hub from SickKids provides dozens of resources for families, healthcare providers, and educators to help children during vaccinations. Many can be printed or used on a phone. Some standout resources include:

- [What is CARD?](#) handout for parents and caregivers
- [Words and actions to use](#) handout for parents, caregivers and other adults
- [The CARD system](#) handout for children
- [CARD immunization game](#) for children and youth
- [Distraction activity](#) for all ages

### [Solutions for Kids in Pain \(SKIP\)](#)

SKIP is a non-governmental organization that provides social media posts, activities, and self-advocacy guides for children of all ages. It also has reference tools for health professionals. Standout resources include:

- [All About Me: Needle fear](#) booklet for older youth and adults
- [All About Me: Needle fear](#) booklet for children
- [Culturally relevant vaccination stories](#) for children and youth
- [Treating kids' pain](#) poster for caregivers and health professionals



### [Canada.ca](#)

Resources from the Canadian Institutes of Health Research and Health Canada may help caregivers to understand and support loved ones with vaccination fears.

- [Ask a Scientist: Dealing with needle pain and fear](#) webpage
- [Ways to reduce fear/pain of needles](#) poster (click “PDF version” under the page title)



## Call for proposals: First Nations Baseline Assessment Program on Health and the Environment

The call for proposals for the [First Nations Baseline Assessment Program on Health and the Environment](#) (BAPHE) is open until November 1, 2024.

BAPHE is a research program that brings together First Nations communities, principal investigators, and scientists to gather baseline data on human health and the environment. A baseline measures how selected human health and environmental indicators are now, so they can be used to show changes over time. BAPHE-supported projects must include a human health and an environmental health baseline. For information about the kinds of projects BAPHE supports, eligibility criteria, and how to apply, [click here to visit the program webpage](#).



### CONTENT WARNING

**The following article contains information about Indian Residential Schools. If this would be more harmful than informative, please prioritize your mental health when deciding whether to read the following entry.**



### New resource: Residential school report and map

Indigenous Services Canada has launched a [new interactive mapping tool](#) and [environmental scan report](#) of the 140 former residential schools recognized in the [Indian Residential Schools Settlement Agreement](#). These tools make publicly held data and information about residential schools more accessible, reducing the barriers that Survivors, their families, and communities face when trying to find data and information about former sites and buildings.

These tools align with initiatives and legislation that call for Indigenous Data Sovereignty, including Action Plan Item #30 of the Government of Canada's [United Nations Declaration on the Rights of Indigenous Peoples Act Action Plan](#), the [Truth and Reconciliation Commission of Canada's Calls to Action](#) and the [2023 to 2026 Data Strategy for the Federal Public Service](#).

# Do you have a **Community Story** to share?

Last year, this newsletter began including stories that spotlight Indigenous projects and success stories to celebrate the great work your communities and organizations are doing. We'd love to hear from you if you have a story to share with readers of the Ontario Region Update.

We are interested in any topic, including water operations, fire safety, emergency management, social programs, progress on infrastructure, and local health and mental health initiatives. Each story entry should fit on one standard printing page. This equals a 300 word maximum, with room for photos. If you need some flexibility on these requirements, we are happy to work with you to optimize your page. Photo descriptions do not count towards the total word maximum. To check out past stories and other content about Community & Partners, all archived newsletters can be found on our [OneHealth Portal](#).

If your community or organization has completed a unique project or initiative, or if you have a story you would like to share, we would love to hear more about it and help you spread the word. Please email us to set up an initial touch-base at [ontario-communications@sac-isc.gc.ca](mailto:ontario-communications@sac-isc.gc.ca). Thank you to everyone who has shared their story so far.

