



Connection

2022-2023 ANNUAL REPORT



**Vancouver Aboriginal
Health Society**

Be · Connect · Root · Grow





Vancouver Aboriginal Health Society

Connection

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Message from Board Chair Adam Munnings

On behalf of the Vancouver Aboriginal Health Society (VAHS) Board of Directors, I am pleased to introduce *Connection*, VAHS's annual report for FY 2023. *Connection* highlights the activities our four programming areas, and the Sheway Pregnancy Outreach Program, engaged in throughout the year.

In 2022-2023, VAHS continued to expand its outreach efforts with new programs and events including a competition Pow Wow, Indigenous Health Fair held in Oppenheimer Park, the launch of the Women's Mobile Primary Care Program, which features a treatment van that meets patients in various locations on the Downtown Eastside, and monthly sweat lodge ceremonies at Hastings Folk Garden.

As 2023-2024 unfolds, VAHS will sharpen its focus on the new VAHS Healing Centre that will be located at 52-92 East Hastings Street. The new healing centre will be an important feature of the new Aboriginal Land Trust family and supported housing development. Currently, we expect to take occupancy of this new two-story, 20,000 sq. ft. space in spring 2025. The move will double the space we have to deliver primary health care, dental services, and Elders and cultural programming. Our Indigenous Early Years will continue to operate at the Phil Bouvier Family Centre in Strathcona.

The commitment of VAHS staff, our relationships with our partners, and the efforts of our volunteers, continue to propel the organization forward in its ongoing quest to sustain and grow the services that are essential to the health and wellbeing of our urban Indigenous community. Their work is reflected and recognized in the pages of this report.

Sincerely,

Adam Munnings
Chair, VAHS Board of Directors

FY 2023 Board of Directors

CHAIR

Adam Munnings

VICE-CHAIR

Tim Michel

TREASURER

Vickie Whitehead

DIRECTORS

Beth Ferguson, Mathew Fleury, Tamara Goddard, Leonard Laboucan, Paulette Nyce, and Scott Venners





Message from Executive Director Rosemary Stager-Wallace

Welcome to *Connection*, VAHS's 2022-2023 annual report. *Connection* refers to the primary method we use to deliver our services to the urban Indigenous community living in Vancouver. We create connections—connections to excellent health and wellness services that are supported by culture.

In FY 2023, those cultural supports were applied in a variety of ways, from the *esémkwu* Indigenous Health Fair held in Oppenheimer Park to a Lakota Yuwipi ceremony at 449 East Hastings. Our Elders and Cultural Program offered cultural programming four days a week, providing clients with an opportunity to learn new skills such as regalia-making while building positive, intergenerational social connections. We marked the changing of the seasons with ceremonies led *talalsámkin siyám* Chief Bill Williams, provided access to picking traditional medicines, held feasts with traditional Indigenous foods, and saw Elders and Knowledge Keepers assume significant roles in all of our programs.

Personal highlights of the past year included planning for the new VAHS Healing Centre, the launch of the Women's Mobile Primary Health Unit, and the planning and preparations for VAHS's 1st Annual Honouring Our Fathers, Grandfathers and Sons Pow Wow.

Unfortunately, the year proved to be personally very difficult. In August 2022, I lost my father, Chief Allen Stager. As I grieved, it became increasingly apparent that I needed to return to Lílwat Nation to support my mom and other family members as we continue to navigate a life without our beloved patriarch. It was with a heavy heart I resigned from my position at VAHS, leaving the organization in July 2023. This was a very hard decision to make, as I genuinely loved my time at VAHS. Even when things weren't easy, I felt the unwavering support of my team and the VAHS Board of Directors, many of whom have become like family.

I am very pleased that VAHS has hired Carrie Humchitt as its new Executive Director. A member of, and council member for, Heiltsuk Nation, Carrie brings a wealth of organizational, political, and legal experience to the position. Prior to joining VAHS in August 2023, she was the CEO of the Heiltsuk Economic Development Corporation. Her legal career has included a successful sole practice and a six-year stint as Anahim Lake Duty Counsel for Legal Aid BC. I feel that Carrie's considerable accomplishments, calm demeanor, and commitment to best practices and transparency, makes her a solid choice to move VAHS forward.

I have always felt that it is an honour to serve my community and working at VAHS expanded that community. Every day, I experienced the depth and breadth of Indigenous culture and knowledge, working with First Nations, Inuit and Métis people from across Canada. I am truly grateful for having had the opportunity to lead this dynamic, vital organization.

Kúkwsturhckálap (Thank you to all),

A handwritten signature in black ink, appearing to be 'RStager'.

Tsekonámus Losí Rosemary Stager-Wallace

This annual report is dedicated to the life and legacy of Kat Zu'comulwat Norris. She made powerful connections as an activist, artist and community organizer, beginning in the late 1960s, and much later on as a valued member of VAHS's Elders' team.

Dedication

Remembering Kat Norris

"In our Salish beliefs, we are blessed to be here for a short time on this earth.

"When our journey on this earth comes full circle, and it's time to move into the spirit world, we look back on our lives and the people in it, letting them know, in a way only they will understand, I am okay. And our loved ones on the other side wait with open arms, taking us to the pinnacle of the mountain and our lives become complete."

Kat Norris

Sunrise: June 9, 1955

Sunset: July 7, 2022

Elder Kat is Coast Salish from the Lyackson First Nation, and a residential school survivor-thrivers. After joining the American Indian Movement, she later founded the Indigenous Action Movement and spoke out on racism against Indigenous peoples in the health care and justice systems, and the lasting impacts of residential schools. She was a core part of activist, arts, pow wow, and cultural events throughout Vancouver, and she helped found some of the first Aboriginal Day events in the city.

Kat was a part of the VAHS Elders team for several years until fall 2021. In addition to her sewing group and her long-time role as a counsellor, Elder Kat's most recent work at VAHS included founding the weekly Sobriety Luncheons and Textile Thursday's cultural sewing workshops, which are now the most popular events in our cultural program.

We are incredibly grateful for the time and heart that Elder Kat gave to VAHS and our community members for so many years, which is only a fraction of her decades of activism and organizing in Vancouver and beyond.

Elder Kat's passing is a tremendous loss for the entire urban Indigenous community in Vancouver, especially in East Van and the Downtown Eastside. She especially loved to work alongside youth, women, Two-Spirit kin, land defenders, residential school survivors, and people on sobriety journeys.

For many of us, she is Mama Kat, our auntie, our sister, a warrior, a Matriarch, an educator, and a dear friend. We miss her greatly and we will always remember her humour, her generosity, and her strong and gentle spirit. Her impacts are beyond words and will be felt for generations.

*VAHS Administration
July 11, 2022*





Programs



VAHS Primary Care Clinic

Primary Health Care Services Supported by Traditional Wellness Practices

The VAHS Primary Care Clinic (PCC) provides medical, mental health, and social support services to urban Indigenous people and residents of the Downtown Eastside (DTES) community. The interdisciplinary care team works in collaboration to support people who are under-housed and unhoused, are living with complex psychosocial and clinical needs, and who require a higher intensity of services to achieve and maintain functional stability.

The VAHS PCC endeavours to provide culturally safe, trauma-informed, and relevant primary care services. Clients are supported by a team made up of dedicated medical professionals, clinical support staff, and Knowledge Keepers. Primary care health services that VAHS's PCC clinic offers include:

- Medical exams
- Wound care
- Disease prevention
- Diagnosis
- Immunization
- Information, treatment, and prevention for sexually transmitted infections (STI), HIV and hepatitis
- Counselling
- Referrals
- Elders and Knowledge Keeper sessions (1 to 1, and/or group)

Substance use services include:

- Opiate agonist therapy initiation and maintenance
- Harm reduction supplies
- Support in seeking detox, recovery, and treatment centers

In FY 2023, the Primary Care Clinic had 1,095 patients enrolled. The clinic is currently at capacity and is unable to accept new patients.

In the past year, the PCC has made significant improvements to its systems and practices including reporting procedures and safety protocols, providing access to Knowledge Keepers, Traditional Healers, and Elders as part of patient care teams, and launching the Women's Mobile Primary Care Unit the cornerstone of its Women's Primary Care initiative.

Primary Care Clinic

STATS FROM APRIL 1, 2022, TO MARCH 31, 2023

1008

Clinic

18 and counting

Mobile Unit

69 and counting

Cultural Wellness Clients

1,095

Total patients

Appointments

9,020

Primary Care Appointments

2,853

Other Appointments

**VAHS's Primary
Care Clinic serves
the following four
purposes:**

1

To provide culturally safe, trauma-informed, and relevant primary care services to urban Indigenous people living in the DTES community

2

To implement an Indigenous model of care at VAHS to support Indigenous primary care

3

To provide and enhance patient access to primary care services

4

To increase the number of Indigenous patient attachments to VAHS, to a primary care provider (MRP-Most Responsible Physician) and the PCC team

Top 3 Conditions

1

Mental Health,
Alcohol Use Disorder
(303)

251 (24.9%)

2

Mental Health,
Opiate Use Disorder
(3040)

186 (18.4%)

3

Mental Health,
Tobacco Use Disorder
(3051)

169 (16.8%)

Primary Care Clinic Activities in FY 2023

PROFESSIONAL PRACTICE

In FY 2023, physician vacancies were filled, the locum pool strengthened, and all sessions were covered. Continuity of care continues, as staff physicians maintain panels of complex patients. The clinic waitlist has been closed and will be revisited in FY 2024. Two registered nurses shared a 1.0 FTE position, with certified practice areas including reproductive health: contraceptive management, sexually transmitted infection management, and immunization. The PCC plans to have a weekly foot care clinic in place for fall 2023. Logistics for this new service have to be determined, but RN certificate training has been completed.

BUILDING RELATIONSHIPS, BUILDING TEAMS

In FY 2023, PCC established one-half Wednesday per month for team building and relation building events. During the past year, staff explored self-care, what that means, and how to apply the quadrants of the medicine wheel to this wellness tool. The team undertook training in Indigenous cultural safety and respect in the workplace. The clinic team gained traction with daily morning huddles that created a grounding space to connect and clarify the special needs of the day.

PATIENT STORIES AND FEEDBACK

In FY 2023, the PCC asked patients and community members to share their stories and give feedback in the form of a satisfaction questionnaire. As a result of this data gathering, PCC staff members have adapted their language and attitude.

One individual asked that their name not be questioned. Collectively, the staff discussed that the job is to recognize, and unlearn, the harms of colonialism. We understand that many people had their Indigenous names stolen as a result of colonialism and residential schools. We know it is our duty to not put the burden of learning and understanding on the people who access our services, but rather, to commit to learning and unlearning about the history, and the lasting effects of colonialism and residential schools.

CONNECTION TO ELDERS AND CULTURAL PROGRAMS

Last year, data began to be collected from the people who access services with VAHS's Our Circle is Strong Elders/ Cultural Program. This process will be ongoing and will help inform how these services are delivered.

WOMEN'S MOBILE PRIMARY CARE UNIT PROGRAM LAUNCH

The Women's Mobile Primary Care Unit, staffed by PCC medical staff and program-specific support staff, was launched in March 2023. The cornerstone of the project is a sprinter van retrofitted to accommodate an exam room, allowing the program to address women's primary health care needs at three different locations in the Downtown Eastside community.

Target Outcomes

Client-focused Outcomes

Timely and consistent access to a primary care provider

Enhanced health care experiences grounded in trauma-informed, culturally safe care

Access to cultural opportunities, with Traditional Healers and Elders as part of care teams

Healthcare System-focused Outcomes

Improved access to primary care for urban Indigenous populations

Increased patient attachment

Enhanced ability of Indigenous clinical services clinicians to support clients and work in a team- based care model

Improved information sharing and collaboration with key service partners such as the First Nations and Aboriginal Primary Care Network (FNAPCN)



Vancouver Aboriginal Health Society

VAHS Dental Clinic

Providing Low Barrier Dental Care to Vancouver's Urban Indigenous and Eastside Communities

VAHS's Dental Clinic, also known as the Eastside Dental Clinic, offers preventative and urgent services to patients with little or no dental coverage. Now in its 15th year of operation, the clinic offers services ranging from emergency care to counselling to address dental fear.

The VAHS Dental Clinic is the only Indigenous dental clinic in the not-for-profit sector in the province, outside of services provided on reservation that are supported by the First Nations Health Authority (FNHA). The clinic offers a full spectrum of services from exams and X-rays to specialty services like IV sedation, nitrous oxide treatment, implants, and clear aligners (orthodontic treatment without braces).

Eastside Dental remains the lowest barrier option to address dental needs for people living in the Lower Mainland. While the focus of clinic is on providing services to urban Indigenous people living in the region, non-Indigenous clients are also welcome to access services. The clinic keeps its costs low by leveraging relationships with other dental providers, dental schools, the FNHA, and dental supply companies for donations and volunteers. Volunteers play a crucial role in delivering services. It takes the efforts of up to 700 volunteer dentists, dental assistants, instructors, dental hygienists, and front desk staff workers to deliver services.

Our Vision

To be a proactive dental service that aims to make a difference in the dental not-for-profit sector while providing effective, efficient, and affordable dental care to the public.

Patient Services Detail

STATS FROM APRIL 1, 2022, TO MARCH 31, 2023

3,491

Number of patients served

Services provided (excluding diagnostics)

1672

 Preventive

2178

 Restorative

296

 Endodontics

244

 Periodontics

61

 Prosthodontic (removable)

26

 Prosthodontic (fixed)

907

 Oral surgery

2

 Orthodontics

465

 General service

5851

 Total number of services

Dental Clinic Activities in FY 2023

PREPARING FOR A NEW LOCATION

The Dental Clinic will be part of the new VAHS Healing Centre, scheduled to open in mid-2025. The new facility, part of a family and supported housing complex located at the corner of Hastings and Columbia streets, will provide a fresh look and a bigger space for the department. Increased space is critical to meet the increased demand for services. In FY 2023, the clinic continued to put plans in place for the move, including developing budgets and floorplans for the new clinic.

FUNDING AND SUPPORT

As in previous years, VAHS's dental program continues to not have a proper annual budget, which makes it challenging to keep up with the provision of care. The services rely primarily on billing private insurance and Ministry coverage using the internal fee guide, which is lower than the Ministry coverage. Despite this ongoing challenge, the dental department continues to do pro bono work, writing off \$250,000 worth of dental treatment in FY 2023.

In summer 2022, the British Columbia Dental Association (BCDA) supported Eastside Dental in acquiring a new equipment washer disinfectant to support sterilization protocols. The BCDA also has helped the clinic with upgrading the department's IT hardware with the addition of a new server. The disinfection equipment is valued at \$14,000, while the server's price tag is approximately \$5,000.

ADVOCACY

In FY 2023, Eastside Dental Clinic Director Lex Vides was appointed dental instructor at CDI College. He also undertook the process of acquiring his Provincial Instructor Diploma. This initiative is meant to support regulatory bodies and address the lack of dental professionals in the province. Part of the initiative is to provide training to "chair-side" workers, as they represent a significant support base for Eastside Dental. Both BCDA and the College of Dental Surgeons of BC (CDSBC) are supporting this process.

Vides was also appointed as a stakeholder to the Health Canada's Dental Task Force. In this role, he will provide input into how the \$5.8B in new federal funding for dental care can best be applied.

In March 2023, Vides became the first non-Canadian member of the International Dentist College (IDC) Canada Branch in more than 100 years.

STAFFING AND SUPPORT

COVID-19 effects continue to be felt in terms of staffing and volunteer support. This was evident in the reduction of the number of dental professionals willing to volunteer at the office. To keep up with the demand for services, the dental department shifted gears and increased its staffing. An increased payroll, to fund positions once filled by volunteers, is putting more stress on the clinic's annual budget.

NEW FACILITIES AND PROGRAMMING

Eastside Dental has started two different pilot programs: a Community Outreach Preventative Family Dental Clinic, located at Phil Bouvier Family Centre, and treatment counselling for patients who experience fear around dental visits. The aim is to reduce anxiety that is affecting patient care, before, during or after treatment. Both of these new programs have highlighted the fact that additional funding is needed to ensure their success and have greater positive impacts on the communities they serve.

MAINTENANCE CHALLENGES

Since the onset of the COVID-19 pandemic in March 2020, the dental office has increased its services by almost 200%. This increase in traffic has led to the need for more maintenance and repairs to the clinic space. A well-maintained facility is crucial to clinic operations, considering that it must fulfill regulatory conditions to keep its not-for-profit provider permit.

Indigenous Early Years

Programming that Develops Resilient Families

VAHS's Indigenous Early Years (IEY) program delivers wrap around support services that build the foundations for families to thrive. Part of IEY's success can be attributed to the collaborative approach its teams take, consulting with each other to get the deepest understanding of a situation.

IEY offers a diversity of supports through its seven programming areas: Aboriginal Infant Development, Aboriginal Supported Childhood Development, Building Blocks drop-in and home visiting program, Family Support Workers, Reaching Homes Program, FASD Supported Circle, and Family Violence Intervention. All of these programs are supported by the IEY Administration department, which features the Director of IEY and a full-time Administrative Assistant.

IEY programs are delivered at the Phil Bouvier Family Centre (PBFC) on Princess Street in the Strathcona neighbourhood, a few blocks from VAHS's main office at 449 East Hastings Street. Collaborative, compassionate, and creative, the people who work in IEY's programs provide and develop programming grounded in land-based healing and Indigenous knowledge. Knowledge Keepers and Elders are integral to IEY's service delivery.

EARLY CHILDHOOD DEVELOPMENT SERVICES

Early Childhood Development (ECD) services are delivered through IEY's Aboriginal Infant Development Program (AIDP), the Building Blocks Program, and the FASD Supported Circle Program, bringing cultural connections to the supports IEY provides to urban Indigenous children and families. ECD services have been developed to support both children and parents and are the cornerstone of IEY's services. In FY 2023, VAHS was proud to offer a variety of groups that included:

- Bringing Home Tradition
- Building Blocks Parents Group
- Aboriginal Parent-Child Mother Goose
- FASD Supported Circle Program for Parents/Caregivers
- Ready Set Play playgroup
- Building Blocks weekly drop-in for parents and children
- Aboriginal Infant Development Program (AIDP) developmental playgroups
- Parents Support Circle
- Summer Fun in the Park

GROUPS DESIGNED TO SUPPORT PARENTS

Through its six programming areas, IEY offered a variety of groups designed to support parents during the 2022-2023 year. These groups included:

- Nobody's Perfect Parenting workshops
- Grief and Loss Circle
- Yoga Group
- Indigenous Women's Sharing Circle
- March into Spring Walking Support Group
- Garden Group
- Beading Circle for Beginners
- Mother's Day Gift-making Group

WORKSHOPS DESIGNED TO BUILD NEW SKILLS

In addition to providing ongoing groups, IEY offers a variety of workshops to the family it serves. In FY 2023, these workshops included:

- Housing Workshop series
- Healthy Sibling Relationships
- Cedar Weaving
- Healthy Cooking
- Traditional Medicine-making
- Restorative Self-care
- Staying Well at Work
- Christmas Stocking-making
- 800 Drums Honouring Elder Kat Norris
- Orange Shirt Day Screen Printing
- Sacred Circle and Affirmations
- Truth and Reconciliation Parenting
- Halloween Crafting Workshop
- Halloween Bag-making Workshop
- Ribbon Skirt-making Workshop
- Regalia-making Workshop
- Vision Board Workshop

Indigenous Early Years Activities in FY 2023

LEADERSHIP CHANGE

In FY 2023, long-time VAHS employee, Doreen Macfarlane, took over the role of Director of IEY. The former team lead for the Aboriginal Infant Development Program, Doreen brings a passion for cultural learning, a commitment to compassionate care, and 20 years of experience working with IEY to her new role.

RETURN TO IN-PERSON PROGRAMMING

After two years of working under COVID-19 restrictions, relying on technologies like Zoom and other video platforms to deliver programming, IEY returned to delivering their programs primarily in-person.

NEW FUNDING

In summer 2022, IEY received new funding to provide for two new staff members, additional Elders' compensation, and supports for client families experiencing housing challenges. An IEY priority is to hire a full-time Knowledge Keeper.

PARTICIPATION IN CULTURAL & COMMUNITY EVENTS

This past year, IEY staff participated in VAHS's Spring Solstice Ceremony, a Community Sweat Lodge and a four-day Puberty Rites Camp at New Brighton Park. Additional activities include participating in VAHS's esémkwu Indigenous Health Fair in Oppenheimer Park, attending the VAHS Competition Pow Wow, and taking part in the MMIW Memorial March. Many IEY staff were also on hand for the launch of the Women's Mobile Primary Care Unit.

STAFF RETENTION

In December 2022, IEY recognized eight staff who were reaching employment milestones with the program. Three staff members were recognized for 15 years of service and another for 10 years of service. An additional four staff members celebrated five years of working at IEY.

IEY CEREMONIES

In late spring 2022, IEY hosted an Honouring Life Givers Ceremony and the Annual Baby Welcoming Ceremony. In early 2023, IEY held a Celebration of Life for Russell Corson Jr. that included a Room Naming Ceremony. Russell lost his life in December 2022 at the age of 11 months.

IEY by the numbers

7

IEY Programs

35+

Workshops and groups offered

11

Special events hosted

Number of IEY staff

23

Full-time

6

Casual

400+

Families supported

600+

Children supported

FOOD SECURITY

In May 2022, the Building Blocks Program started a weekly group funded under a grant from FNHA to bring parents and children together to learn healthy recipes to cook to together. This added a new component to the delivery of IEY's food security programming, which also included Indigenous Monday Night Dinners, a vibrant onsite lunch program that served more than 9,000 lunches, special occasion community meals, and emergency food supports provided to clients on an as needed basis. In FY 2023, those emergency supports included providing families with \$5,000 in gift cards/certificates in \$25 and \$50 denominations.

IMPROVED OUTDOOR SPACE

IEY created a plan to redevelop its outdoor space at PBFC to create cultural space, including an improved garden area and greenspace, and a sweat lodge that will be available for families to use. It is hoped that the renovations to the space will see more children engaged in land-based activities.

CELEBRATING 30 YEARS OF AIDP

In August 2022, AIDP staff travelled to Songhees Nation to help the provincial AIDP office to celebrate three decades of this program operating in BC.

COMMUNITY OUTREACH PREVENTATIVE FAMILY DENTAL CLINIC

The satellite office of Eastside Dental became fully operation in FY 2023, providing pediatric dental services at PBFC. Uptake for this service has been slow, but it is felt with more awareness and outreach, this new service with soon gain traction.

IEY's Seven Programs

ABORIGINAL INFANT DEVELOPMENT PROGRAM (AIDP)

AIDP works with Indigenous families with children up to the age of three years old who are at risk of, or already have, a delay in development. AIDP's mission is to provide support for families with Indigenous children through fostering and nurturing a safe and healthy family environment, strengthening ties between families and community services, and empowering families to become active participants in the community.

AIDP offers unique programs to help further children's skills, abilities, and wellness through workshop series' such as Nobody's Perfect Parenting and therapies such as Infant Massage. The program provides one to one consultation with AIDP Support Workers, home visits, informal assessments of child and family needs that are culturally sensitive, and cultural knowledge and activities. The program creates a framework for clients to meet other families in the communities and develop positive parent-child relationships.

The AIDP program is supported by The BC Association of Aboriginal Friendship Centers (BCAAFC) and the Ministry of Children and Family Development (MCFD).

ABORIGINAL SUPPORTED CHILDHOOD DEVELOPMENT PROGRAM

The Vancouver Aboriginal Supported Childhood Development Program (ASCDP) is a provincially funded program designed to meet the needs of Indigenous children (status and non-status First Nations, Métis and Inuit) who have extra support needs. ASCDP adheres to the belief that early intervention is about identifying the child's needs as early as possible, helping the parent/guardian understand those needs, and then working together to plan and find the supports that the parent/guardian needs to support their child's future development.

ASCDP's commitment to creating strong cultural and spiritual connections makes this program unique. The program's services are designed to ensure cultural safety and relevance for First Nations, Métis, and Inuit children and families across B.C.

ASCDP supports more than 100 children and 25 community centers with child-specific spaces, such as Aboriginal Head Start Programs, preschool, daycare and after school care. On rare occasions this support may be offered in the child's home. Program workers help

families—birth, adopted or foster— find programs and community resource providers for children requiring extra support needs. ASCDP emphasizes planning for inclusion in day-to-day family life, in daycares, in preschools, and in after-school care programs to develop a child's self-esteem and identity, allowing them to grow and learn in a safe and nurturing environment.

BUILDING BLOCKS PROGRAM

Building Blocks is an early intervention home visiting program for first-time parents with children up to five years of age. This weekly visiting program is designed to support, maintain, and enhance individual and family functioning by improving birth outcomes and parenting skills. Through the program, IEY provides families with access to services and supports based on their needs.

Building Blocks delivers its services through a network of Family Support Home Visitors, Public Health Nurses, and Social Work Consultants. Supports include listening to parental concerns, providing encouragement, accompanying clients to appointments, and sharing information about community resources, childcare, parenting, and health and social issues.

FAMILY SUPPORT WORKER PROGRAM

The Family Support Worker Program (FSW Program) is a family-centred program that works with Indigenous parents and caregivers with children from birth to 18 years old. The FSW Program offers educational and cultural activities for families and children.

FSW Partner Agencies

Britannia Community Services Centre
Cedar Cottage Neighbourhood House
Kiwassa Neighbourhood House
Mount Pleasant Neighbourhood House
South Vancouver Neighbourhood House

The Family Support Workers (FSWs) connect families to community-based services that have a strength-based approach to promoting and supporting effective parenting skills. This strength-based practice involves collaborative casework with agency and community programs. The FSWs support and empower individuals to face various

challenges and, in some cases, help to ensure that families stay together. FSWs assist families in taking what they learn and applying it to guide and support their children.

FSWs play a significant advocacy role, accompanying parents and caregivers in Family Court and liaising with Vancouver Aboriginal Child and Family Services Society (VACFSS) and the MCFD. This benefits parents and children by building on their own strengths and acknowledging their personal values. Through this work, the FSW Program helps preserve families from the foster care system and from further breakdowns, while helping them realign with their cultural norms and practices. The program provides innovative, culturally appropriate services, and strengthens relationships between families and community.

The FSW Program works in partnership with several agencies in Vancouver, with each agency hosting an FSW who provides early childhood supports to its service area. All FSW staff work part-time at these co-location sites.

FAMILY VIOLENCE INTERVENTION PROGRAM

The Family Violence Intervention Program (FVIP) is designed to foster and nurture safe and healthy family environments and empower families to become active participants in the community. FVIP workers believe everyone deserves the opportunity to learn, grow, and strengthen their families, teams, and community. At the core of FVIP is an eight-week family violence intervention program that meets three times per week.

Topics addressed in the sessions range from learning about the contributing factors of violence, the impacts of trauma and how to recognize warning signs. Participants learn valuable coping, communication, and conflict resolution skills along with grounding techniques and how to support children who have witnessed abuse. The program also provides one on one counselling.

FASD SUPPORTED CIRCLE PROGRAM

The FASD Supported Circle Program is a family-centred program that supports parents and/or caregivers that have a child up to the age of 18 years old with Fetal Alcohol Syndrome Disorder (FASD).

While services are directed towards the child, program staff assist families in learning about the needs of their children. A weekly FASD drop-in group brings parents, grandparents, foster parents, and Elders together for learning and peer support.

The program's services include advocacy, life skills training, and parenting skills development. Workers link client families to community-based activities and services, visiting clients at PBFC, their homes or in the community.

REACHING HOMES PROGRAM

Designed to address and prevent homelessness, the Reaching Homes Program supports people in finding and setting up homes. This self-referred program helps people access available housing, including housing co-ops, and assists with any required paperwork.

When housing is secured, the program provides individuals with a \$1,000 in IKEA gift cards to set up their homes and an additional \$500 in start-up money. These funds can also be used to pay any outstanding bills a person may have for essential utilities such as Hydro.

A Knowledge Keeper works closely with the program coordinator to provide spiritual support cultural learning, such as how to smudge your home to cleanse it. The Knowledge Keeper plays a vital role in maintaining contact with program participants.

Be - Connect - Root - Grow



Our Circle is Strong: Elders/Cultural Program

Culture: Our Resource for Hope

VAHS's Our Circle is Strong (OCIS) Elders and Cultural program offers cultural pathways to healing our bodies, spirits, hearts, and minds. By offering ceremonies, workshops, teachings, and traditional foods and medicines, the program promotes community wellness through cultural connections and land-based healing opportunities.

The OCIS team consists of Indigenous Elders, Knowledge Keepers, and administrative staff who run programming four days a week at 449 East Hastings, in the cultural space above the VAHS Primary Care Clinic. This program is key to connecting people to culture and community, as well as promoting potentially lifesaving support by engaging those who are "falling through the cracks" in mainstream health and social systems.

Most people that the program supports are living with the effects of residential schools, the Sixties Scoop, and other systems of colonialism. Nearly all Indigenous community members who attend OCIS programming have suffered a loss of cultural identity. While recognizing the ongoing challenges our community faces, OCIS also honours Indigenous strengths and resilience, and the role of culture in maintaining a collective spirit.

Participants have shared that OCIS has supported them to become, or remain, sober, and to practice cultural teachings and values in their day-to-day lives. The most important impact of OCIS's drop-in activities is that urban Indigenous people, with a variety of cultural/community disconnections, are able to come together in a safe, welcoming space to experience culturally grounded healing.

By offering traditional foods and medicines in this program, participants have access to a wide range of teachings and cultural knowledge, shared and taken in respectful and useful ways. The Elders and Knowledge Keepers on the OCIS team support the process of passing on traditional food knowledge, values, and beliefs for the next seven generations.

Guidance and Support

The Elders and Knowledge Keepers who work within OCIS have extensive cultural knowledge and a diversity of experience. They provide support and guidance to program participants that includes:

- Providing access to health care providers
- Therapeutic listening
- Holistic wellness teachings
- Advocacy
- Workshops
- Seasonal ceremonies
- Smudging and brushing
- Feasts
- Prayers
- Singing and drumming
- Traditional medicines

Our Circle is Strong Activities in FY 2023

MONTHLY DTES SWEAT LODGE CEREMONIES

A monthly sweat lodge was established within the Hastings Folk Garden at 11 East Hasting Street. Each ceremony was well-attended by both Indigenous and non-Indigenous DTES residents, with many people attending more than once. For some participants, this was their first opportunity to attend any land-based healing practice. For others, the Sweat Lodge allowed them to reconnect to culture and ceremony within a familiar, low-barrier space.

HARVESTING ON ST'AT'IMC TERRITORY

The cultural team travelled to St'at'imc territory three times during FY 2023 to gather traditional foods and medicines, including, but not limited to: sage, stinging nettle, horsetail, juniper, cedar, tobacco, devil's club, soapberries, and sockeye salmon. Halibut and sockeye salmon from Sto:lo territory was also brought in to serve in the cultural space.

FOOD PREPARATION WORKSHOPS

In September 2022, OCIS offered two food preparation workshops, one for canning salmon and another for making bannock and jam. For one participant, the salmon canning workshop brought back positive memories of canning fish with his grandmother before he was taken from his family during the Sixties Scoop. It was a very emotional but ultimately a healing moment for this Survivor, who was able to witness this traditional food practice again and receive support from the cultural team.

PUBERTY RITES DAY CAMP

In partnership with the VAHS IEY and PCC programs, OCIS organized a four-day Puberty Rites Day Camp in July 2022 at New Brighton Park for Indigenous youth aged 11 to 15. Each day began with a morning cultural greeting, prayers, and songs with Elders. There were a variety of activities, crafts, ceremonies, and games delivered throughout the duration of the camp, including a drum making workshop, sweat lodge, smudging, and a spirit bath.

Throughout the camp, youth engaged in a variety of topics, including sexual health, body changes during puberty, gender, sexuality, and relationships. These discussions were led by nurses, Elders, and Knowledge Keepers, with support from VAHS cultural staff. At the end of the four days, participants who completed the camp received a certificate and a wellness bundle that included traditional medicines and a feather to use when smudging.

An Unexpected Impact

"We knew the Sweat Lodge would have a positive impact in the community, one participant's story impacted OCIS in unexpected ways. An Indigenous man grieving the sudden losses of his son and wife came to the DTES several years ago while facing challenges with alcohol and substance use. Being introduced to the Sweat Lodge (by smelling the smoke as he walked by the garden) allowed him to engage in cultural practices that he was disconnected from, supporting the journey to sobriety that he began a few months prior. He then began to come to the VAHS cultural program daily for ongoing support, often volunteering to help out with programs and ceremonies. Sadly, this participant suddenly passed away a few months after first meeting us, but we are hopeful that our team and the Sweat Lodge provided him with comfort and connection before his journey to the Spirit World."

– Marlee Poole, Acting OISC Lead

VAHS COMPETITION POW WOW

The first-ever VAHS Pow Wow was a one-day event held on August 27, 2022, at the Vancouver Japanese Hall that aimed to increase cultural visibility and pride within the DTES. OCIS organized competitions with cash prizes across seven Pow Wow dance styles and five age categories. The Pow Wow attracted local dancers and dancers from across Turtle Island, and also featured over a dozen local Indigenous vendors selling their crafts and creations.

ESÉM̓KWU INDIGENOUS HEALTH FAIR

esérh̓kwu ("to be blanketed in love, care, and respect" in the Skwxwú7mesh language) was an outdoor Indigenous Health Fair held in Oppenheimer Park on September 27, 2022, featuring information booths and activities from each of VAHS's programs and other local Indigenous organizations. The Health Fair featured a salmon lunch traditionally roasted on an open fire; a demonstration of moose hide tanning; performances from local singers and drum groups; beadwork and crafting activities for all ages; and smudging/brushing with traditional medicines.

YUWIFI CEREMONIES

Yuwipi is a powerful Lakota healing ceremony that calls upon spirits to support the physical and spiritual healing of an individual or group of people. VAHS was honoured to host Lakota Knowledge Keepers for Yuwipi ceremonies in January and February 2023, attended by both staff and community members.

PREPARATIONS FOR VAHS FATHER'S DAY POW WOW

In March 2023, the OCIS and IEY programs began to host regalia making workshops for urban Indigenous individuals and families, in preparation for the VAHS Honouring our Fathers, Grandfathers, and Sons Pow Wow in June. Participants were able to create their own regalia for themselves or a family member in their chosen dance style: traditional, fancy, chicken, grass, or jingle.

COUNSELLING

In FY 2023, OCIS provided counselling options to the community. Elders and Knowledge Keeper, both males and female, were available for One-to-One and Group Counselling. Scheduled sessions were up to 60 minutes in duration. Community members were also welcome to drop in for a sage smudge, eagle fan or cedar branch brushing or to say a prayer with an Elder. Program workers also referred people to other counselling resources.

SUPPORTING OTHER VAHS PROGRAMS

Throughout FY 2023, OCIS provided Elders and Knowledge Keepers to all VAHS programs as requested. Knowledge Keepers were regularly and continuously utilized by the PCC and IEY programs.

Programming that Builds Cultural Connections

OCIS drop-in activities, offered four days a week, are often the first entry point for community members to connect with VAHS and access holistic, long-term supports for their healing journey.

1

Mondays: Beading Circle

A space to learn basic beading techniques or work on a project chosen by our Elders.

2

Tuesdays: Sobriety Luncheon and Talking Circle

A safe space with delicious "home-cooked" food for people with all experiences with sobriety, focusing on building community and using cultural teachings to support wellness.

3

Thursdays: Textile Thursdays Cultural Sewing Classes

Drop-in sewing workshops to create cultural pieces such as ribbon skirts/shirts, sweat lodge dresses, drum bags, moccasins, and traditional regalia.

4

Fridays: Teatime and Cultural Sharing

An open space to meet with Elders and share our cultures, often with drumming and singing.



Sheway

Supporting Healthy Pregnancies and Parenting

Sheway's mandate is to support pregnant and parenting people who use substances and their children. The program provides health and service supports necessary to achieve positive pregnancy outcomes and provide positive early parenting experiences.

Sheway delivers its programming with the support of dedicated partners. The Sheway Partnership Committee provides advice and assistance to support collaborative policy and service delivery aspects of its work. In FY 2023, committee members included:

- Vancouver Aboriginal Health Society
- Vancouver Coastal Health-Indigenous Women and Family Health
- Young Women's Christian Association
- Ministry of Children and Family Development
- Ministry of Social Development and Poverty Reduction
- Vancouver Aboriginal Child and Family Services Society
- BC Women's Hospital
- St Paul's Hospital
- Vancouver Coastal Health

Sheway extends its thanks to all Partnership Committee members for their time and dedicated service in FY 2023.

Sheway Activities in FY 2023

COVID-19 IMPACTS ON SERVICE PROVISION

In the FY 2023, Sheway continued to work within its mandate to support pregnant people, parents who use substances and their children. Sheway transitioned its services throughout the year to adapt to the decreasing restrictions in the public health orders related to the COVID-19 pandemic. The drop-in program was gradually reopened in compliance with the orders. This program is a core component of Sheway's services and is a space where clients engage with staff and build relationships, access services, and eat their meals. Sheway also continued to provide the option for clients to receive services on an outreach basis, pick-up meals in takeout containers, and access other food supports.

COVID-19 TESTS AND VACCINATIONS

Sheway's medical clinic provided COVID-19 tests to both adults and children in the program and provided vaccinations to clients when available.

PERINATAL SUBSTANCE USE PROGRAM

Sheway continued to work with the Provincial Perinatal Substance Use Program. To support this program, Sheway was funded to hire an additional Indigenous Peer Support Worker. This position was filled in November 2022. The two peer support workers funded through this program have become an integral part of the Sheway team. The organization is hopeful that it will be able to find sustained, ongoing funding for these positions. Current funding for both peer support worker positions is in place until August 2025.

VCH PARTNERSHIP FORMALIZED

In FY 2023, Sheway and the Indigenous Health program at Vancouver Coastal Health (VCH) formalized a commitment to work collaboratively to enhance the experiences and outcomes of Indigenous people accessing services through Sheway.

PERINATAL ADDICTIONS TEAM

The VCH Overdose Outreach Team has worked to implement a perinatal addictions team that collaborates with Sheway and Fir Square (a Combined Care Unit at BC Women's Hospital that provides care to women using substances and infants exposed to these substance) to support the clients who are difficult to engage in care.

OPIOID OVERDOSE PUBLIC HEALTH EMERGENCY

The Opioid Overdose Public Health Emergency continues to affect the families that Sheway provides services to. The poisoning of the illicit drug supply is leading to increased complexity for persons who use substances. It has been more difficult to engage clients in care, which has required Sheway to provide more outreach services. Due to the severity of the addictions, it has been more difficult to

Services to Pregnant and Post-partum People

In FY 2023, Sheway provided services to 345 pregnant and post-partum people who accessed the Sheway medical, outreach or drop-in services. Of these:

35%

are having their first baby

65%

have had previous children

62%

self-identify as Indigenous

91%

use Sheway Medical Services

9%

have their own family doctor /midwives and access Sheway's social supports

2.5%

have shared care with other providers

47%

are on opiate replacement therapy

0.6%

are under 20 years of age

25%

are between 20-29 years of age

56%

are between 30-39 years of age

18%

are over 40 years of age

stabilize clients on Opiate Replacement Therapy. This has led to fewer clients leaving hospital with their babies and their babies going into the care of family or child welfare services. The illicit drug supply is also causing more complex physical issues including chronic infections, severe wounds that take a long time to heal, and more drug-induced psychosis.

UTILIZATION OF SERVICES

Utilization of Sheway services remains high. In 2022-23, we provided direct medical and social services, as well as social support and practical assistance, to 345 pregnant and post-partum people and 506 children. We continued to focus on building relationships with primary care and social service providers in the community to support the transitioning of families to permanent care providers and support services.

FOOD SECURITY PROGRAMS

Food security and nutritional support continued to be core to Sheway's service provision and engagement with the families. The increased inflation rate has had a profound effect on the population Sheway serves who are struggling with basic food security. Each month the organization provided an average of 760 hot lunches onsite, 200 hot lunches delivered on outreach, 200 bags of fresh fruit, 960 liters of milk, 160 dozen eggs, and 300 food and snack bags to clients.

Sheway is able to provide fresh fruit and cheese thanks to funding from the YWCA and eggs through a donation from the BC Egg Board. Sheway has a long-standing partnership with the Greater Vancouver Food Bank and Food Rescue program and also receives donations from VGH/UBC Hospital Foundation which enables the organization to supplement food security for clients.

FAMILY VISITS

Sheway continued to prioritize visits for families and their children who were in care. The visits were supported both in-person and virtually.

LEGAL AID GRANT

In FY 20223, Sheway received a grant from Legal Aid BC to set up Virtual Meeting Room Access to Legal Aid BC's Parents Legal Centre. Through this program, Sheway staff was able to support access to lawyers and court proceedings virtually with their clients.

PERINATAL SUBSTANCE USE PROJECT

The Provincial Perinatal Substance Use Project continues to support the peer support worker position at Sheway. Funding has been increased to include the hiring of a second peer support worker for the next fiscal year as well as extending the funding for both positions until August 2025. Sheway is hopeful that it will be able to find sustained, ongoing funding for these positions. The project also funded a review of the Sheway Partnership Committee and update of its Terms of Reference.

COLLABORATION WITH VCH INDIGENOUS HEALTH PROGRAM

Sheway and the Indigenous Health program at VCH have formalized a commitment to work collaboratively to enhance the experiences and outcomes of Indigenous people accessing services through Sheway.

INCREASED SOCIAL CONNECTIONS

The dual pandemics, the Opiate Overdose Public Health Emergency and COVID-19, have taught the staff at Sheway many important lessons, one of them being the human need for social connection. As Sheway's services have opened up, clients have been connecting again in the drop-in space, sharing meals, supporting each other, and attending groups. This human connection provides hope for positive change moving forward. Sheway continues to provide a safe, supportive space for its clients to be.

MEDICAL CLINIC VISITS

In FY 2023, Sheway medical clinic provided an average of 837 medical visits each month—433 clinic visits and 405 telehealth visits. In response to the Opiate Overdose Public Health Emergency and COVID-19 pandemic, Sheway also increased the number of outreach visits for both medical and social supports throughout the year.

VOLUNTEERS

Sheway is grateful for the overwhelming dedicated support of our volunteers and donors. Our programs and clients have continued to benefit from these relationships with wonderful, dedicated individuals. Sheway clients continue to utilize the skills of a volunteer who supports our families with completing their annual tax returns. Sheway has a volunteer to sort and organize our donations weekly. This allows the team easier access to distribute the items to the clients.

Services to Children

In FY 2023, Sheway provided direct services to

506 children Of these:

77 babies born this year

55 babies (71%) were born full term (>37 weeks G.A.)

63 babies (82%) weighed over 2500 grams

44 babies (57%) went home from the hospital with their mothers

35 babies (45%) were still in their mothers' care as of March 31, 2023

22 babies (29%) went into foster care

5 babies (6%) were placed with family members

5 babies (6%) were still in hospital as of March 31, 2023

1 baby was stillborn

1 baby passed away

Financial Report



Financial Report for FY 2023

A Snapshot of VAHS's Financial Position for FY 2023

Supporting transparency and employing best practices, Vancouver Aboriginal Health Society annually retains an independent auditor, Manning Elliott, to prepare its financial statements. Throughout the year, the Executive Director provides the Board of Directors with regular financial updates. These updates present information from all VAHS programs detailing the financial impacts of the society's activities.

In this annual report, the summarized financial statements are presented*. These documents include the Auditor's Report, Statement of Operations, Statement of Change in Net Assets, Statement of Financial Position, and Statement of Cash Flows.

* The complete financial report, with auditor's notes, is available at the VAHS office at 449 East Hastings Street during business hours.

Independent Auditor's Report

To the Board of Directors of Vancouver Aboriginal Health Society

Report on the Audit of the Financial Statements

Qualified Opinion

We have audited the financial statements of Vancouver Aboriginal Health Society (the "Society"), which comprise the statement of financial position as at March 31, 2023, and the statements of changes in net assets, operations and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of our report, the accompanying financial statements present fairly, in all material respects, the financial position of the Society as at March 31, 2023, and the results of its operations and cash flows for the year then ended in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Qualified Opinion

In common with many charitable organizations, the Society derives revenue from donations the completeness of which is not susceptible of satisfactory audit verification. Accordingly, our verification of donation revenue was limited to the amounts recorded in the records of the Society and we were unable to determine whether any adjustments might be necessary to donations revenue, deficiency of revenue over expenses, and cash flows from operations for the year ended March 31, 2023 and 2022, total assets as at March 31, 2023 and 2022, and net assets at the beginning and end of March 31, 2023 and 2022. The predecessor auditor's opinion on the financial statements for the year ended March 31, 2022 was modified accordingly because of the possible effects of this limitation of scope.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the *Auditors' Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Society in accordance with ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion.

Emphasis of Matter

We draw attention to Note 14 to the financial statements which indicate that the 2022 financial statements presented for comparative purposes have been restated. Our conclusion is not modified with respect of this matter.

Other Matter

The financial statements for the year ended March 31, 2022 were audited by another auditor who expressed a qualified opinion on those financial statements on December 6, 2022 for the reasons described in the Basis for Qualified Opinion section.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Society's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Society or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Society's financial reporting process.

Auditors' Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditors' report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Society's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Society's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditors' report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditors' report. However, future events or conditions may cause the Society to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Report on Other Legal and Regulatory Requirements

As required by the Societies Act of British Columbia, we report that, in our opinion, the accounting policies applied in preparing and presenting the financial statements in accordance with Canadian accounting standards for not-for-profit organizations have been applied on a basis consistent with that of the preceding year.

Manning Elliott LLP

Chartered Professional Accountants
Vancouver, British Columbia
November 23, 2023

Statement of Financial Position

For the year ended March 31, 2023

	2023	2022	Restated (Note 14)
ASSETS			
CURRENT			
Cash (Note 4)	\$ 1,804,655	\$ 1,860,313	
Short term investments (Note 6)	6,473	6,473	
Amounts due from employees	5,000	8,700	
Accounts receivable	102,907	242,212	
Prepaid expenses	70,804	63,613	
Goods and services tax recoverable	29,094	16,825	
	2,018,933	2,198,136	
CAPITAL ASSETS (Note 7)	587,986	347,526	
LONG TERM PREPAID EXPENSES	160,000	-	
	\$ 2,766,919	\$ 2,545,662	
LIABILITIES			
CURRENT			
Accounts payable and accrued liabilities	\$ 423,205	\$ 220,494	
Amounts repayable to funders (Note 8)	119,017	-	
Deferred revenue (Note 8)	1,899,784	1,901,375	
Wages payable	189,279	114,031	
Government remittances payable	25,960	22,150	
	2,657,245	2,258,050	
DEFERRED CONTRIBUTIONS RELATED TO CAPITAL ASSETS (Note 9)	180,662	-	
	2,837,907	2,258,050	
NET ASSETS			
UNRESTRICTED	(487,821)	(59,914)	
INVESTED IN CAPITAL ASSETS	416,833	347,526	
	(70,988)	287,612	
	\$ 2,766,919	\$ 2,545,662	

Statement of Changes in Net Assets

For the year ended March 31, 2023

	Invested in Capital Assets	Unrestricted	2023
NET ASSETS, BEGINNING OF YEAR	\$ 347,526	\$ (59,914)	\$ 287,612
Deficiency of revenue over expenses for the year	-	(358,600)	(358,600)
Amortization of capital assets	(93,237)	93,237	-
Deferred contributions related to capital assets received	(180,662)	80,662	-
Amortization of deferred contribution related to capital assets	9,509	(9,509)	-
Purchase of capital assets	333,697	(333,697)	-
NET ASSETS (DEFICIT), END OF YEAR	\$ 416,833	\$ (487,821)	\$ (70,988)
	Invested in Capital Assets	Unrestricted	2022
NET ASSETS, BEGINNING OF YEAR, AS PREVIOUSLY REPORTED	\$ 215,337	\$ 78,849	\$ 294,186
(Deficiency) excess of revenue over expenses for the year, as previously reported	(89,459)	332,390	242,931
Retrospective restatement (Note 14)	-	(249,505)	(249,505)
Purchase of capital assets	221,648	(221,648)	-
RESTATEMENT NET ASSETS (DEFICIT), END OF YEAR	\$ 347,526	\$ (59,914)	\$ 287,612

Statement of Operations

For the year ended March 31, 2023

	2023	2022 Restated (Note 14)
REVENUE (Schedule)		
Province of British Columbia	\$ 4,092,004	3,982,154
Vancouver Coastal Health Authority (Note 9)	2,090,394	1,516,536
Dental services (Note 10)	887,322	467,150
Sixties Scoop Healing Foundation	388,667	9,890
Donations (Note 5)	278,194	263,789
Government of Canada	124,983	543,964
Dental financial support	122,183	239,620
Government of Canada - Public Health Agency	70,000	55,080
BC Women's Hospital and Health Centre	50,849	51,896
Other funding	26,398	19,836
Interest income	6,876	3,667
	8,137,870	7,153,582
EXPENSES (Schedule)		
Salaries and benefits	3,835,771	3,591,212
Client	2,035,700	1,676,081
Office and general (Note 5)	626,573	383,531
Professional fees	609,254	313,724
Rent and utilities	565,845	520,092
Rent subsidies	228,754	240,914
Medical supplies	163,042	138,476
Amortization of capital assets	93,237	89,459
Meals and travel	67,626	29,797
Advertising and promotion	62,804	9,817
Telephone	58,510	56,198
Automotive	57,362	16,141
Training	44,370	19,666
Insurance	38,324	27,025
Bank charges and interest	7,958	10,675
Donations	1,340	4,367
Supplies	-	2,209
Equipment	-	30,772
	8,496,470	7,160,156
DEFICIENCY OF REVENUE OVER EXPENSES FOR THE YEAR	\$ (358,600)	\$ (6,574)

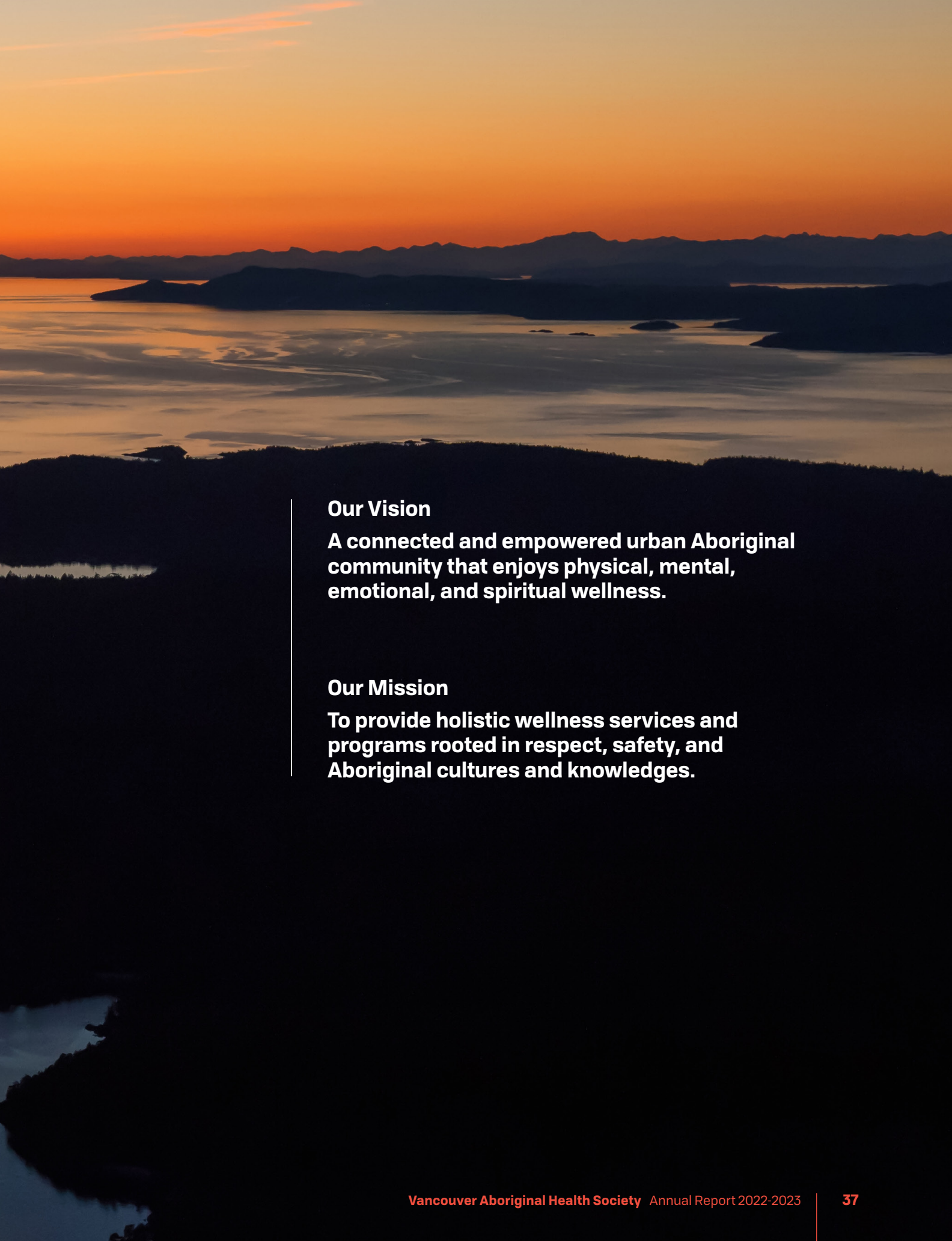
Statement of Cash Flows

For the year ended March 31, 2023

	2023	2022 Restated (Note 14)
OPERATING ACTIVITIES		
Deficiency of revenue over expenses for the year	\$ (358,600)	\$ (6,574)
Items not affecting cash:		
Amortization of capital assets	93,237	89,459
Amortization of deferred contributions related to capital assets	(9,509)	-
Gain on sale of capital assets	-	(2,000)
	(274,872)	80,885
Changes in non-cash working capital:		
Amounts due from employees	3,700	(8,700)
Accounts receivable	139,305	(40,832)
Prepaid expenses	(7,191)	45,432
Goods and services tax recoverable	(12,270)	(3,149)
Long term prepaid expenses	(160,000)	-
Accounts payable and accrued liabilities	202,712	158,427
Amounts repayable to funders	119,017	-
Deferred revenue	(1,591)	488,611
Wages payable	75,248	(499)
Government remittances payable	3,810	(76,197)
	362,740	563,093
	87,868	643,978
INVESTING ACTIVITIES		
Purchase of capital assets	(333,697)	(221,648)
Purchase of short term investments	-	(11)
Proceeds on sale of capital assets	-	2,000
	(333,697)	(219,659)
FINANCING ACTIVITY		
Deferred contributions related to capital assets	190,171	-
(DECREASE) INCREASE IN CASH DURING THE YEAR	(55,658)	424,319
CASH, BEGINNING OF YEAR	1,860,313	1,435,994
CASH, END OF YEAR	\$ 1,804,655	\$ 1,860,313

NON-CASH INVESTING ACTIVITY (Note 9)



A full-page background image showing a sunset over a body of water, likely a fjord or bay, with mountains in the distance. The sky is a gradient of orange and yellow, and the water reflects the light. The foreground is dark, showing the silhouettes of hills and a small body of water.

Our Vision

A connected and empowered urban Aboriginal community that enjoys physical, mental, emotional, and spiritual wellness.

Our Mission

To provide holistic wellness services and programs rooted in respect, safety, and Aboriginal cultures and knowledges.



Be - Connect - Root - Grow



Editor
Cindy Filipenko

Photos
Toonasa Luggi, VAHS Administration, Primary Care Clinic, Eastside Dental Clinic, and Indigenous Early Years

Design and Layout
Marcel Da Silva

Thank you to VAHS directors and staff for their contributions to *Connection*.



vahs.life

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