



Sea to Sky Division Onboarding Guide for New Members

Welcome to the Sea to Sky Division of Family Practice (S2S DoFP). We are delighted to support you as you begin your practice in the Sea to Sky corridor. This onboarding guide is designed specifically for new Family Physicians and Nurse Practitioners and serves as a practical, living document to help you navigate clinical practice, community integration, and professional supports.



Not just a Territorial Acknowledgement

Indigenous History in Canada

With a Focus on the Aboriginal Peoples of British Columbia



Resources

- New to Canada? <https://www.youtube.com/watch?v=ZvXHowmRI5M>
- Insight on the **colonial health impacts** amongst **Indigenous Populations in Canada**
<https://www.rcaanc-cirnac.gc.ca/eng/1524499024614/1557512659251>
- Learn about the Truth and Reconciliation Commission (TRC) of Canada's Calls to Action: The Truth and Reconciliation Commission's 94 calls to action (PDF) address the ongoing impact of residential schools on survivors and their families. They also provide a path for government and Indigenous and non-Indigenous communities in British Columbia to create a joint vision of reconciliation.
- Declaration on the Rights of Indigenous Peoples Act Action Plan (DRIPA).
- In Plain Sight Summary Report - Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care

The Skwxwú7mesh and Lílwat7úl Nations

The Sea to Sky Division of Family Practice respectfully acknowledges that we live and work on the unceded traditional territories of the Skwxwú7mesh (Squamish Nation) and Lílwat Nation. We are grateful to work, learn, and provide care on these lands and are committed to ongoing learning and reconciliation.

The Lílwat7úl are Ucwalmícw which translates to “the people of the land”. They are 1 of 11 communities that form the St’át’imc Nation. The territory extends to Rubble Creek, north to Gates Lake, East to Upper Stein Valley and west to the coastal inlets of the Pacific Ocean an area covering 7911.31 square kilometres. There are about 2,500 members of the Lílwat Nation. They speak Ucwalmícwts which translates to “the language of the land.” They are a mountain community; their territory is similar to what you see in Whistler. Their clothing, food, housing and transportation has adapted to the temperature change found in the mountain ranges. Courtesy of the [Squamish Lil’wat Cultural Centre](#)

The Skwxwú7mesh Úxumixw, the Squamish People, are the descendants of the Coast Salish First Nations People that lived in present day Greater Vancouver, Gibson’s landing and Squamish, BC. Their territory is 6,732 square kilometres. There are about 4,000 members of the Skwxwú7mesh Úxwumixw. They speak Skwxwú7mesh sníchim, the number of fluent speakers is extremely low, but they are committed to bring their traditional language back to their youth. Their majority of their territory is found along the ocean. Their clothing, food, housing and transportation has adapted to the temperate rainforest. Courtesy of the [Squamish Lil’wat Cultural Centre](#)



Your Manual Map

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Meet your People Your Local Guides

Our **vision** is a sustainable, vibrant and healthy community of practitioners who are empowered to deliver outstanding care.

Our **mission** is to create a culture of collegiality, interprofessional networking and mutual support among members.

Team Members

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To be Hired

Membership Coordinator

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Chella Brulotte

Administrative Coordinator

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Board of Directors and Co-Chairs

Dr. Oliva Bayley
Co-Chair
Whistler 360 Clinic



Dr. Brennan McKnight
Whistler 360 Clinic



Dr. Stephanie Warwick
Creekside Health Clinic



Dr. Naomi Farrell
Co-Chair
Squamish Medical Clinic



Dr. Melissa Aragon
Squamish Medical & Open Door



Dr. Allison Ukrainec
Terra Nova Medical Clinic

Division Initiatives

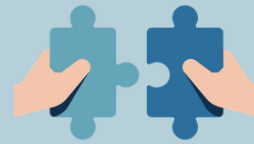
Now that you've embarked on your medical practice adventure here, the Sea to Sky Division of Family Practice is fully dedicated to facilitating your onboarding and integration into our vibrant medical community.



Inpatient
Care



Long Term Care
Initiative



Locum
Matching



Pathways
Support



Up to Date
Access

Practice
Advisory
Committee

Medical Office
Assistant
Network



Continuing
Medical
Education
Events

Patient Attachment
Support



Member
Newsletter



Education
Committee

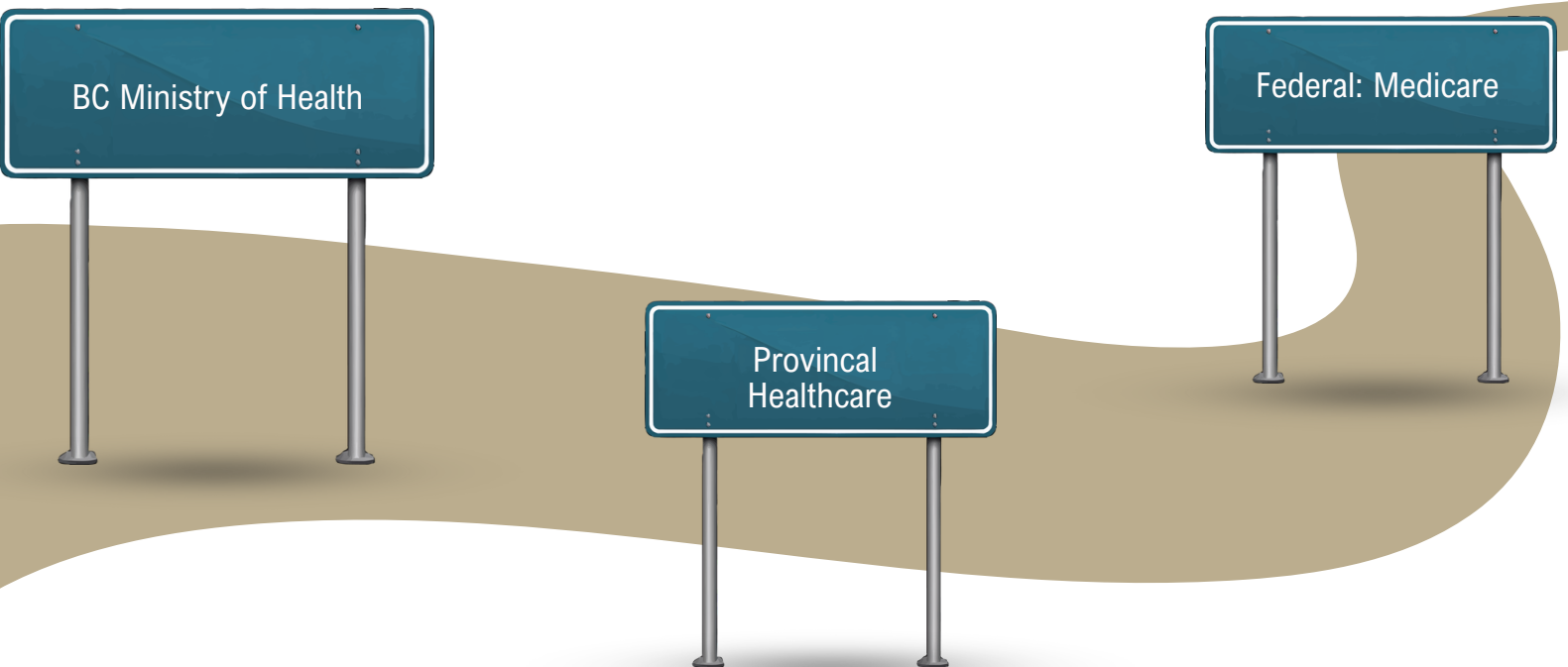
Physician
Recruitment



Healthcare Trail Networks

Federal and Provincial Health Care Systems

All citizens and residents of Canada receive medically necessary hospital and physician services free at the point of use. Below is an overview of the federal and provincial healthcare systems



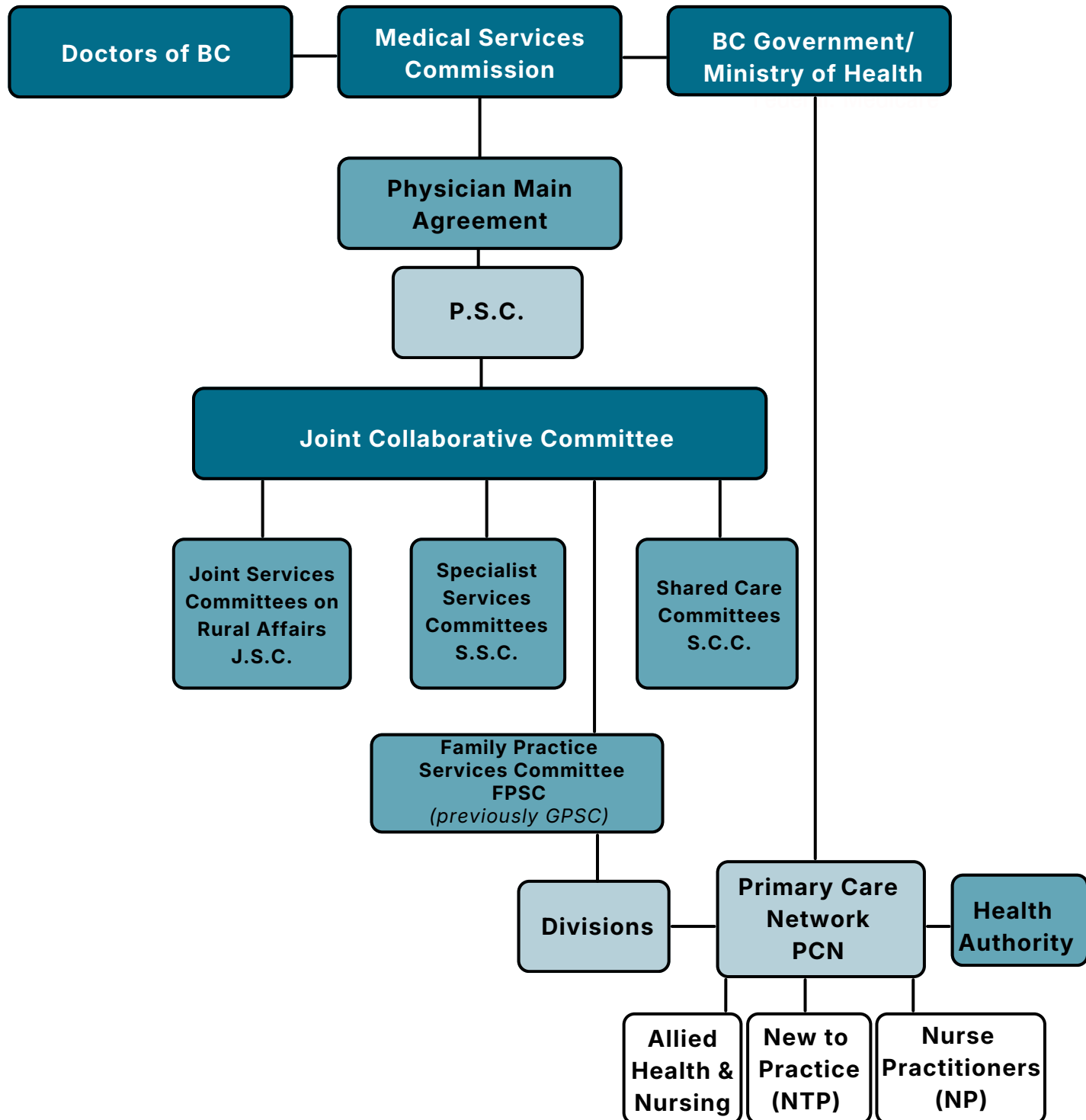
BC Ministry of Health

- Provincial Health Services Authority (PHSA)
- First Nations Health Authority (FNHA)
- 5 Regional Health Authorities: [Vancouver Coastal Health](#), Island Health, Fraser Health, Interior Health and Northern Health.

➤ **Provincial:** The Ministry of Health oversees BC's publicly funded health care system, ensuring eligible residents have access to quality, timely, and cost-effective medical services through the MSP and prescription coverage through the PharmaCare program.

➤ **Federal:** Medicare is Canada's publicly funded health care system with 13 provincial and territorial health care insurance plans. Health care roles are shared between federal, provincial, and territorial governments.

Funding Streams



Key Organizations

Get to know these key local, regional, and national organizations that will help you build and manage your practice



College of Physicians and Surgeons of BC (CPSBC): Regulates physicians to ensure their qualification, competence, and fitness for medical practice. Manages patient complaints, acts against incompetent, unethical, or illegal practices, administers quality assurance, and accredits medical/surgical facilities.

<https://www.cpsbc.ca/>



Family Practices Services Committee (FPSC): Works on behalf of Family Physicians to strengthen full- service family practice and patient care in BC. It is one of four joint collaborative committees that represent a partnership of the Government of BC and Doctors of BC.

<https://www.fpscbc.ca>



Doctors of BC (DofBC): A voluntary association of 16,000+ physicians, residents, and medical students in BC. They promote a climate for high-quality patient care, professional satisfaction, and fair economic reward. Doctors of BC supports members with information and resources at every practice stage — fee guide, billings, audits, training, and practice tips.

<https://www.doctorsofbc.ca/>



Empowering
better healthcare

Canadian Medical Protective Association (CMPA): Supports Canadian physicians and patients in a complex healthcare system by assisting physicians with medico-legal issues, learning and data to enhance patient safety, and compensating patients harmed by negligent care.

<https://www.cmpa-acpm.ca/>



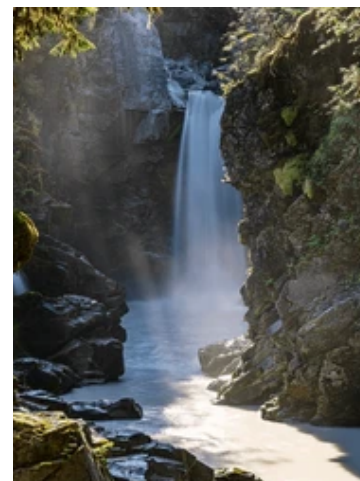
THE UNIVERSITY OF BRITISH COLUMBIA

Continuing Professional Development

Faculty of Medicine

University Of British Columbia (UBC) Continuing Professional Development (CPD): An academic unit within UBC's Faculty of Medicine. They advance professional development through designing, delivering, accrediting, evaluating, and researching lifelong learning for health professionals.

<https://ubccpd.ca/>



Starting a Successful Sea to Sky Practice

Sea to Sky Practitioner Checklist

Establishing Yourself

- ☐ Get BC Services Card and Download [BC Services Card App](#)
- ☐ Apply for a Corporation Permit with [CPSBC](#)
- ☐ Learn about [Payment Model options](#).
- ☐ Set up a banking account and payment method.
- ☐ Establish a bookkeeping process.
- ☐ If needed, set up your Professional Advisory team: Financial Consultant, Accountant, Insurance Advisor, Legal Advisor, and Banker.

Preparing for Patient Care

- ☐ Create a [OneHealthID](#)
- ☐ Download the [Multifactor Authentication App](#)
- ☐ Log in to [PAS](#)
- ☐ Register for [CareConnect](#)
- ☐ Register for [PharmaNet](#)
- ☐ Connect with the [Practice Support Program](#) (PSP) and Regional Practice Improvement Coaches – Email membership@seatoskydivision.ca.
- ☐ Obtain Squamish General Hospital Privileges (if interested)

Accessing Sea to Sky Division Membership Benefits and Supports

- ☐ Register for membership with the Sea to Sky Division of Family Practice at <https://www.seatoskydivision.com/membership>
- ☐ Receive password for [Sea to Sky Member Homepage](#) from Membership Coordinator via email membership@seatoskydivision.ca.
 - Receive an UptoDate [login](#)
 - Receive a Pathways [login](#)
- ☐ Check your email inbox in the middle of each month for the Division's Peaks and Practices e-newsletter.
- ☐ Learn about the [Sea to Sky Primary Care Network](#) (PCN)
- ☐ Join the Membership WhatsApp group – Email membership@seatoskydivision.ca

Utilizing your Resources

- ☐ [Doctors Technology Office](#) - Technology Supports
- ☐ [Regional Advocate Advisor](#) – General Support - Vancouver and Coast - jesangha@doctorsofbc.ca.
- ☐ [Physician Health Program \(PHP\)](#) - 24/7 Confidential Helpline and Non-Urgent Support
- ☐ [Rapid Access to Consultative Expertise](#) (RACE)

Thriving in the Sea to Sky Education Expedition

You have the chance to expand your knowledge while practicing through professional support, training, and education. Additionally, you can engage in leadership roles within our community to contribute back.

MainPro+: As mandated by the [College of Family Physicians of Canada \(CFPC\)](#), Family Physicians must earn credits for their continuing medical education (CME) or continuing professional development (CPD) after graduation. The CFPC designed [Mainpro+](#) to support the continuing professional development (CPD) of family physicians and family medicine learners in Canada.

[UBC Continuing Professional Development](#) (UBC CPD): One of Canada's leading providers of accredited Mainpro+ learning activities.

Division Led Initiatives: The Sea to Sky DoFP also provides opportunities for unique options to learn and earn credits, such as:

- Virtual Education Sessions
- Rural Continuing Medical Education (RCME) Forum
- In-Person Skill Building Sessions

Leadership Opportunities



The Division offers support and development opportunities for Family Physicians excel in leadership in healthcare. These roles may also grant you Mainpro+® credits (verify with CFPC):

- Education Committee
 - Practice Advisory Committee
 - PCN Steering Committee
 - Division Board of Directors
-
- You can take on fulfilling leadership roles within our Division on various topics. These roles enable you to make a positive impact and drive meaningful initiatives within our healthcare network.
-
- Connect with your Membership Coordinator via email at membership@seatoskydivision.ca to learn more about current and upcoming education and leadership opportunities.

Physician Wellness

Do you need help now? Call the DofBC 24-hour confidential helpline at +1-800 663-6729. Please note that PHP is not a crisis service. If you are in crisis or require immediate medical attention, call 911 or go to your nearest emergency department.

Your Sea to Sky Division point of contact for all networking and peer related inquiries – membership@seatoskydivision.ca



[Resident Doctors of BC](#) offers various initiatives to encourage resident wellness, such as an after-hours food program, resident lounge support, group sports funding and more.



[The Canadian Medical Association \(CMA\) Physician Wellness Hub](#) provides original CMA content, curated resources, and information from trusted sources for physicians, residents, and medical students seeking guidance and self-help.



[CMA's Wellness Connection](#) is a virtual, safe space for physicians and medical learners to gather to discuss shared experiences, get support, seek advice, and help each other.



[Canadian Medical Protective Association](#) is a not-for-profit mutual defence association governed by a council of physicians representing members from across Canada.



Locum Supports: The Sea to Sky DoFP has a locum roster of Family Physicians, in good standing with CPSCBC, who have an interest in working in our communities. We also share locum postings on [BC Family Doctors](#). Please contact membership@seatoskydivision.ca for locum coverage support and/or work opportunities.

Activities and Adventures

From adrenaline-filled to laid-back, the Sea to Sky corridor offers a never-ending list of recreational activities, no matter what time of year. Visit the lists of activities shared on Whistler and Squamish Tourism to learn about the local activities and adventures that await.

- [Squamish Tourism](#)
- [Whistler Tourism](#)

Learn about the [Sea to Sky Don't Love It To Death](#) initiative and how stay safe and be a responsible outdoor enthusiast.

Uncover the arts and culture deeply rooted within our communities, shaped by generations of storytellers, artists and curators. Support local artisans at markets and fairs and find your people at annual events.

- [Squamish Tourism Event Calendar](#)
- [Whistler Tourism Event Calendar](#)



We're thrilled you're here!

Contact



membership@seatoskydivision.ca



<https://www.seatoskydivision.com/>



[Sea to Sky Division of Family Practice](#)



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Disclaimer

The information in this Sea to Sky onboarding manual is meant to provide a brief, but not exhaustive, guide to getting your practice going. The guide provides links to other sites; the inclusion of a link does not mean that the Division endorses or approves the linked sites or the contents or links in those sites.