



Health Matters Newsletter July 12, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data and Research-
- Hospice House Sod Turning Event- Everyone Welcome
- A Pathway to Hope: BC's New Mental Health and Addictions Plan
- Social Connectedness
- Spring Edition of Island Health Magazine

With the warm days of summer come the return of the southern residents. This year we celebrate the birth of a new calf while we grieve the loss of two adults. Please take care of our rivers, oceans and these magnificent creatures.



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- ✓ **Next Admin Committee Meeting- September 5, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at September 12, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.
 - ✓ **Reminder: OCCHN Office will be closing for the month of August**

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome)-July 30, 11:00 am to 1:00 pm** Location to be determined
- **Community Response Team Meeting July 25, 9 am-11am. Island Savings Board Room**
- **EPIC-Community Steering Committee July 18, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum**

Local Data and or Research-



You are Warmly Invited

Let's get started...
Come to the sod-turning
for Cowichan Hospice House!

11 a.m. • Thursday • July 18
adjacent to Cairnsmore Place
250 Cairnsmore Street • Duncan

Rain or Shine

parking on site limited • please consider carpooling

A Pathway to Hope: BC's New Mental Health and Addictions Plan



At the end of June, the provincial government launched [A Pathway to Hope](#) that lays out government's 10-year vision for mental health and addictions care that gets people the services they need in order to tackle problems early on and support their well-being.

Initial priority actions in the three-year plan include:

- Increasing access to affordable counselling and support (\$10M in grants to non-profits)
- Launching integrated child and youth teams connected to schools (starting with 5 school districts over the next 2 years)
- Opening more Foundry youth centres (from 11 to 19)
- Expanding First Nations-run treatment centres (2 new urban centres, renovations to others)
- Expanding intensive services for children and youth (2 new day programs for mental health and addictions treatment upon hospital release and 20 new family care home spaces with clinical care)
- Supporting early childhood social emotional development (enhanced early intervention services and new professional development for service providers and caregivers of children under 6)

Read the full report [here](#).

Social connectedness

How can local governments support social connectedness in their communities? People choose to connect in different ways, so offering different opportunities and approaches for social connection is important in creating a welcoming and inclusive community for all. Our Social Connectedness Action Guide, updated in 2018, offers community examples, case studies and resources to help foster strong social environments. [Read the Action Guide](#).



Spring Edition of Island Health Magazine

<http://viha.uberflip.com/i/1099273-ihm-spring-links-2019>

Health Matters Newsletter

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly newsletter