

**Network Minutes**

**Thursday March 12, 2015 CVRD Board Room- 6:00 pm**

**Present:** Rob Hutchins Chairs and Jennifer Jones, Denise Williams, Cindy Lise Regional Facilitator,Gus Williams, Melie De Champlain, Amy Trippe Brophy, Grant Waldman, Robert Calnan, Laura Court, Robin Routledge, Jan Tatlock, Jane Osborne, Bob Day, Alison Nicholson, Lori Iannidinardo, Rhoda Taylor, Gerry Giles, Denise McKinley

**Regrets:** Isabel Rimmer, Jenn George, Val Crossley, Leslie Welin, Valorie Masuda, Jane Hope, Sheila Service, Tom Walker, David Robertson, Aimee Sherwood, Gretchen Hartley,

**Absent:** Bonnie Thomson, Rick Juliusson, Kathleen Erickson, Dave Ehle

**On Leave:** Joanna Nielson

**Guests:** Alice Gelpke, Sheila Leadbetter: Alice introduced herself and shared that the new structure of Island Health was launched 2 weeks ago. The new structure enhances the system significantly as the senior leaders will be working within the communities and will share the responsibilities within each region. Alice is sharing the role with Dr David Robertson. Alice’s home base is at Saanich Peninsula Hospital while David’s is here in Duncan. Some of the Island Health programs will remain island wide such as imaging, laboratory and pharmacy while others will be regional based. The goal is to ensure that the allocation of resources goes where needed and that patients move seamlessly through hospital and community care and that there is a closer connecting with agencies and programs serving communities. Sheila Leadbetter is the new Director of Community Hospitals for the Cowichan Region

1. **Welcome and introductions.**
2. **Adoption of Agenda- Moved/second Approved**
3. **Celebrating Our Cowichan-** Denise Williams – youth outreach- deferred to April
4. **Delegation:**
5. **Spotlight Speaker:** Jan Tatlock and Denise Williams Physical Literacy. Researchers are proving physical literacy is as important as reading and numerical literacy. Being able to have a skill set in movement significantly impacts ones health and wellbeing throughout a life time. Our society has changed and the number of children and adults living with diabetes, obesity and heart disease among others is staggering. There are fundamental movement skills that are being lost such as agility, balance, throwing, catching, climbing and hitting. There has also been a shift to focussing on sport specific skills when in fact it is the diversity of movement that creates lifelong athletes and elite athletes. Walking to school has been completely eliminated in one generation which is a staggering 200 calories a day that are no longer being burned. Hip and knee replacements are through the roof and the cost to quality of life immeasurable and the medical system is unstoppable. The CVRD, parks and recreation, school district 79 and many others are undertaking a physical literacy education campaign to improve the health and wellbeing of children in the Cowichan region. This will include educating those who provide services, teaching, and coaching to children. It will also include the community and parents. Being physical and active also improves learning, reduces behavioural issues in schools and improves overall health. It is the hope of the current community partners working on the initiative that they can significantly impact this modifiable risk factor for the entire Cowichan Region. We will keep members informed of upcoming workshops and more as the project moves forward.
6. **Minutes of February 12, 2014 Approved**
7. **Correspondence**: Letter from CVRD informing OCCHN that Allison Nicholson, Bob Day and Lori Iannidinardo have been assigned as representatives to OCCHN
8. **Business arising from minutes** –
   1. None
9. **CCHN Committee Reports:**

**Admin Committee-**

* 1. **Budget-** February financials- unavailable – the report will be forwarded to OCCHN members once received from the CVRD
  2. $80,000.00 for contractor fees has been approved from Island Health for 2015-2016. These funds cover all expenses related to facilitator including wages, office space and mileage.

1. **Business Arising from Admin Committee-** 
   1. **Coroner’s report-**OCCHN will move forward in hosting a community conversation regarding the Coroners request to explore the possibility of convening a task force to look at sobering and detox services in the Cowichan Region. Cindy to create invite list and set up community meeting. More information will follow.
   2. **Review of CVRD meeting space-** As many have noticed the number of OCCHN members has grown recently. The question was posed whether or not the meeting space should be moved to another location. It was agreed that the amenities such as media equipment, kitchen and location as well as the in kind use of the space was valued and that for the time being we would find solutions within the CVRD Board Room. Members at this meeting were asked if they agreed that we continue to use the CVRD space with accommodating as many in the main table and then rotating to the back table when necessary. The members approved of remaining in the CVRD space for now.
   3. **Next Admin Committee- (March 18 postponed)** As always the Admin Committee meetings are open to all members. Our next Admin Committee will be held at the School District 79 Board Room. School District 79 has information on software for gathering Stats Can data that might be of interest to OCCHN. A presentation on the software will be presented and the rest of the Admin Committee meeting will be held following the presentation. March 23 at 3 pm has been set for this meeting.
   4. **Granting:** no report
   5. **Membership:** Welcome back to Lori Iannidinardo who joins us again after some time away.
2. **Asset Mapping / Data Collection-** no report
3. **Communications:** No report
4. **Website**- The contract with Carleton Communications has expired. Gary has provided exemplary service to OCCHN and we would like to maintain his services. We have budgeted $1,000.00 per year for his services. It was agreed that OCCHN could move to a three year contract instead of renewing each year.

**Motion**- That OCCHN offers a three year contract to Gary Carleton at Carleton Communications in the amount of $3,000.00. Gary will be provided $1,000.00 for each calendar year.

**Approved**

1. **OCCHN Liaisons**
   1. **Collaborative Services Committee** – no report
   2. **Attachment and Integration Committee-** Melie reported that the attachment and integration working group has agreed that its focus will be on Mental Health and Substance Use across the spectrum from youth to seniors. The group is currently collecting the data to get a clear picture on the current state and where energies need to be placed. This group has adopted the Collective Impact Framework as the foundation for moving the work forward. Three of the partners including Island Health, The Division of Family Practice and Our Cowichan will be attending the three day training session in Calgary. Our hopes are to have First Nations representation as well. Melie will report on the progress of this group and how it is evolving as a regular feature of the OCCHN agenda.
2. **New Business:**
   1. **Collective Impact-** OCCHN is the recipient of a Capacity Building workshop on Collective Impact. More information regarding the workshop will be coming soon
   2. **Deferred to April Meeting**
      1. Small Group Presentationsa. Seniors, b. Chronic Illness, c. Health Promotion, d. Economic Status
   3. **Early Years Small Group presentation-** Laura presented the data that supports the small group recommendations.

**The top five concerns included:**

* + 1. Child poverty; the number of children in care; the number of children in need of protection; Early Development ( EDI) scores with vulnerabilities continuing to rise; and domestic violence

**Immediate Difference Recommendation:**

Endorse the following projects and support their existence in all communities

* + - Mother Goose
    - Seeds of Empathy
    - Roots of Empathy
    - Physical Literacy Initiative

Apply to Vital Signs to see about a Vital Signs Project to be conducted in the Cowichan Region

**Short Term Goal:**

To support resources to go into community and to talk with parents and grandparents.

Kitchen Table Conversations

* + - To find out what is working, what isn’t working and what do we need more of?

**Medium Term Goal:**

To bring together the decision makers to address applications of funding.

* + - To explore having single application funding.

**Long Term Goal:**

* To be informed by our communities in relation to above goals.
* To improve our access to resources in all communities.

**Discussion included:**

* Continue to refine presentation to include data that gets the community to move to action- “shocks” them. For example being 4 times the provincial norm.
* Gathering more data on Mother Goose and listed programs that can make an immediate difference. ( Healthy food baskets for mothers was another one recommended)-Who are community partners? How are they funded? Where do the programs exist? How do we know they will help us improve early childhood development outcomes?
* The role of community to engage in these programs that make an immediate difference
* Reaching into outlying neighbourhoods and communities- mother goose has the ability to do that
* Connecting with parents to learn about barriers to their success
* Looking at what we can do to have a regional impact- physical literacy would be a good example as well
* Not to lose sight of items and how we can prevent them from being lost

**Meeting adjourned at 8:20 PM**

**NEXT MEETING THURSDAY April 9, 2015 CVRD BOARD ROOM – 6:00 PM- Dinner served at 5:30**

Minutes taken by Cindy Lise