

**Network Minutes**

**Thursday November 12, 2015 CVRD Board Room- 5:30 pm**

**Present:** Rob Hutchins Chair, Denise Williams Co Chair, Cindy Lise Regional Facilitator,Melie De Champlain, Gerry Giles Sheila Service, Denise McKinlay, Val Crossley, Gretchen Hartley, Dave Ehle, Jane Osborne, Laura Court, Jane Hope, Michelle Staples, Robert Calnan, Grant Waldman

**Regrets:** Jenn George, Robin Routledge, Tom Walker, Alison Nicholson, Victor Nowoselski, Bob Day, Travis Peterson, Valorie Masuda, Gus Williams, Jennifer Jones, Jan Tatlock, Rhoda Taylor, David Robertson, Leslie Welin

**Absent:** Lori Iannidinardo, Kathleen Erickson, Aimee Sherwood, Amy Trippe Brophy,

**Guest:**

**On Leave:** Joanna Nielson

1. **Welcome and introductions.**
2. **Adoption of Agenda- Moved/second Approved**
3. **Celebrating Network Members-**Dave Ehle- Canadian Mental Health Association. Mixed in with some really bad jokes, Dave reported that Canadian Mental Health is a not for profit organization that runs on contracts and donations. Many think that it is funded via health which is not true. The organization offers a number of services including Child Youth Mental Health, Adult Mental health, office based and community based projects. The three office based programs include:
   1. **Eating Disorders**
   2. **Sexual abuse**
   3. **Parenting support programs**

These contracts are not enough to meet the need of those seeking services

Bike works and the Craft shop is one of the most well known community based services that CMHA offers in the region. This unique program draws in youth from across the region with bikes and crafts as the draw. While participating in the projects offered there participants build:

1. Their sense of belonging
2. Their independence
3. Their understanding of generosity
4. A sense of mastery.

All materials and supplies for this unique project are donated so if you have an old bike or craft supplies to donate please stop by Bikeworks!

CMHA also offers a unique on line support project called BounceBack where adults who are experiencing mild to moderate symptoms of depression or anxiety can call. For more information or to watch a preview of the support program go to [www.bouncebackbc.ca](http://www.bouncebackbc.ca)

CMHA Adult programs include homelessness via Warmland, housing outreach, transitional housing, shelter beds and extreme weather beds.

1. **Delegation-** Gerry Giles – South Cowichan Seniors – Gerry shared the incredible journey and success of a small community project that was conceptualized to bring together seniors that has now grown into a much loved community asset for seniors in Cobble Hill. Word of mouth, a feeling of connection and friendships has grown the senior’s luncheon from 8 participants to 30 to now over 140 attending on a regular basis. The project is senior lead and can include guest speakers but most is interested in the social component and just chatting and getting to know each other. The luncheon fills a void in Cobble Hill and the south end where senior’s services do not exist. The program is nearly able to sustain itself and looks to expand what it can do for seniors including the Golden Oldies movie afternoons. Transportation remains an issue and is one of the barriers that volunteers are addressing by assisting with picking up those who cannot drive.
2. **Spotlight Speaker-** no speaker
3. **Minutes from October 8 OCCHN meeting Carried**
4. **Correspondence:**  Approval to participate in Safer Families Collective Impact Research project. Our Cowichan is one of the project members who will be participating in a research project via this initiative. OCCHN provided approval to be a part of this research
5. **Business Arising from Minutes**: None
6. **OCCHN Committee Reports** 
   1. **Budget- Admin** – $4,000.00 for the final deposit from the BC Healthy Communities Grant has been received. The funds are allocated to the 5 Collective Impact Initiatives ($800.00 each) to provide capacity to support their work.
   2. **Business Arising from Admin Committee-**  None
   3. **Granting**-
   4. **Membership**-
      1. Tasha Chamberlin has had to step down but is recommending that her boss be her replacement. Cindy to contact Douglas Hardie.
      2. Welcome to Michelle Staples- Michelle is replacing Kathleen Sheppard from Social Planning Cowichan
   5. **Asset Mapping and Data Collection**-A small team of volunteers offered to help vet the FETCH website. Thank you to Sheila, Laura, Rob C, Val C Jane O and Gerry. Cindy will contact them as soon as the project is ready for this work.
7. **OCCHN Liaisons:**
   1. **Collaborative Services Committee**: No report
   2. **Integration and Attachment Committee:** (Now to be known as the Mental Health and Substance Use Collective Impact Steering Committee)- Melie reported that the focus of this group has shifted to reducing the number of children in care in the Cowichan region using a MHSU lens. The overarching goal is to create safe and supported families. The membership at the steering committee is shifting due to the change in focus. This group will be participating in the December 11 Collective Impact Training Day.
8. **New Business:**
   1. **Regional Airshed Roundtable**

**Recommendation:** That Our Cowichan takes on the responsibility of hosting the Cowichan Regional Airshed Protection Strategy roundtable which includes hosting and facilitating roundtable discussions, identifying new participants and reporting on the progress towards the goals of the strategy, and;

1. OCCHN amends its strategic plan accordingly
2. OCCHN seeks additional funding from partners and others to support the roundtable. **Carried**
3. **site for CDH-** Tom Anderson presented at the OCCHN Admin Committee and provided an update on the progress for the CDH site selection rezoning process. It is going very well as Tom has been meeting with stakeholders across the region. There has been no negative feedback on the site that has been selected. Tom will be meeting with neighbours in the coming weeks. It is hoped that the final decision will be completed by April 30 2016.
4. **CVRD Website-** OCCHN has been asked to give up its space on the CVRD website for the duration of the CDH site rezoning process

**Recommendation:** That Our Cowichan give up its current spot on the CVRD website to A New Site for CDH during the period of rezoning up to April 30, 2016. **Carried**

1. **UBCM grant application-** Cindy was able to submit a grant proposal to UBCM via the Cowichan Valley Regional District that will support one component of the Seniors EPIC project. The grant will assist in compiling existing reports, data and age friendly grants into one central report and will help to identify areas where more in depth consultation will be required.
2. **BCCRN small grant for seniors project-** Cindy and Jane Osborne were able to secure $4350.00 to support the EPIC seniors project. Some funding will go to Volunteer Cowichan and some to OCCHN to facilitate the process as well as support the data collection project outlined under the UBCM grant
3. **Sobering and Detox community meetings-** it was discovered that funding has been allocated to the Cowichan region for sobering beds. A process that was unknown to many has been underway in regards to these beds. Once this information was discovered it impacts the work of the sobering and detox task force. Now that the two groups are aware of the funds they can begin to work together instead of in isolation of each other and plan for the best use of the funding. The next meeting for Sobering and Detox Task force takes place on Thursday October 26 at Island Savings Centre in the Mesachie Room
4. End of Life Beds- Two sites have been selected for the Hospice House. Cairnsmore and Cowichan Lodge with Cowichan Lodge being the first choice. The planning team is meeting weekly and working hard to move the project forward. There is a lot underway including a fundraising working group, concept design, services, how it will look and feel and more. The hospice house will be a new build and will not be built within an existing building.
5. Facilitator contract- Cindy’s contract ended and needs to be renewed. Cindy left the room while members discussed the new contract.

**Recommendation:** That the facilitator contract be renewed to March 31, 2018. The contract will be reviewed yearly on April first. **Carried**

**NEXT MEETING THURSDAY December 10 6:00 PM- Dinner served at 5:30**

Minutes taken by Cindy Lise- Meeting adjourned at 7:40 pm