

**Network Minutes**

**Thursday November 14, 2018 Ramada Silver Bridge - 5:45 pm**

**Present:** Sheila Service- Chair, Cindy Lise, Rob Hutchins, Douglas Hardie, Anita McLeod, Carol Newington, Debbie Berg, Arlene Robinson, Alistair MacGregor, Jane Osborne, Debra Toporowski, Carolyn Austin, Linda Roseneck, Chris Rafuse, Sue Kurucz, Sara Ferrario, Rosalie Sawrie, Elizabeth Croft, Robin Routledge, Jane Hope, Christy Wood, Debbie Berg, John Horn, Gus Williams, Tara McCaffrey, Kristine Sandhu, Chris Hall, Lynn Smith, Aimee Sherwood, Valorie Masuda

**Regrets:** Denise Williams, James Tousignant, Colleen Fuller, Faye Gilbert, Kate Rossetto, Mary Beth Small, Leslie Welin, Denise McKinlay, John Elzinga, Kathy Easton, Gretchen Hartley, Rhoda Taylor, Carla Bortoletto

**Guests:** Danita Senf Cowichan Schizophrenia Society, Zander McCaffrey Cowichan Schizophrenia Society, April Linds Cowichan Stroke Society

1. **Call to order** at 5:45 by Sheila Service who welcomed guests and members and initiated round table introductions.
2. **The agenda was approved** by general consent.
3. **The Financial statement** was accepted as presented by general consent.
4. **Correspondence** – Thank You Card from Jan Tatlock
5. **United Nations Rights of the Child-** Article 23- If you are disabled, either mentally or physically, you have the right to special care and education to help you to develop to lead a full life.
6. **Update on OCCHN Activities**

* OERC Community Action Grant Phase 2 for Cowichan applied for in the amount of $66,938.00 has been successful and will be supporting the Cowichan Action Team (CAT)
* Healthy Aging Core Grant successful for two project proposals in the amount of $362,500.00 over 2.5 years that will be going to Cowichan Caregivers Support Society and Cowichan Community Seniors Foundation
* Our Cowichan Small Grants Closed and 12 project proposals were successful
* Planning and developing the Cowichan Communities Health Profile is ongoing
* My Health My Communities Survey on hold due to lack of funding
* Meeting with CVRD and School District re: Smoking and Vaping initiative
* Facilitated EPIC and Community Action Team Collective Impact meetings
* Supported Business Opioid Dialogue
* Met with Mental Health and Substance Use Minister Judy Darcy. Worked with community partners and Cowichan Leadership Table to develop a Cowichan Vision for Community Wellbeing and proposal for a community wide substance use service delivery model. This project proposal and brief were submitted to Minister Darcy on Monday November 4th. if successful a 5-year pilot could be implemented in Cowichan totalling 14 million dollars.
* Presented at the Comox Healthy Built Environment Symposium on Health Networks and Community Health
* Participated in steering committee for Regional Child Care Plan
* Participated in Orientation Day for the Municipality of North Cowichan OCP Revision

1. **Celebrating Network Member- Debbie Berg Cowichan Women Against Violence** (power Point pdf attached to minutes)
2. **Delegation**
   * **Delegation**: Cowichan Stroke Society- April Linds

* Cowichan Stroke received a $2,000 small grant from OCCHN in 2018. The project has now come to a close. Cowichan Stroke would like to thank OCCHN for the opportunity provided to them within the grant. The project was called After Stroke Cowichan and is a free program that runs once a week. The program brings together stroke survivors, caregivers, friends and family and includes 7 steps to recovery. (exercise, mobility and fitness; communication and language; social interaction and recreation; Thinking, memory and perception; Support of family friends and caregiver groups; healthy lifestyle and navigating the system). The funds from OCCHN helped to train volunteers to become leaders which can build capacity for the project to continue over time.
  + **Delegation**: Alzheimer Society of BC- Jane Hope- (power point pdf attached to minutes)
  + **Delegation**: Cowichan Schizophrenia Society- Danita Senf, Tara McCaffrey, Zander McCaffrey (power point pdf attached to minutes)
  + **Delegation**: Cowichan Brain Injury Society- Chris Rafuse (power point pdf attached to minutes)
  + **Delegation**: Discovery Youth and Family Services- Douglas Hardie- The current state of mental health and youth continues to rise in the Cowichan region with a steady increase in demand for services all the way from low to acute. Child psychology is in demand with little access to local support here in the Cowichan Valley. There has also been an increase in the number of youths in regards to substance use. It is not clear but this may be connected to the cannabis legislation. What is known is that cannabis use is correlated with early psychosis. Overdoses are also having a significant effect on brain injury and the long-term impact of the opioid crisis is beginning to present itself in many ways. We can see the interconnectedness of the bigger picture with youth challenges.

1. **New Business**:
   * Our Cowichan Most Significant Change- Evaluation project. Island Health is taking a look at the broad impact and significant changes as a result of our health network. We will be allocating the entire January meeting to exploring our most significant change. Members discussed topics such as the impact of relationships and building the foundation of Collective Impact to supporting projects such as the Hospice House and Cowichan District Hospital. Members will be sent the supporting documents as well as a survey to complete over the month of December to assist with the preparation for the January meeting. Cindy to send out information in the coming week.
   * My Health My Community Survey- although it was anticipated to be underway this fall (2019) there are no current funds to undertake the My Health My Community Survey. Island Health will continue to work with funders to see if we can pilot the survey in the New Year. OCCHN members will be kept informed of progress in the New Year.
   * Cowichan Communities Health Profile- the draft and revisions are almost complete. The profile will be missing the survey component but the project will be designed in such a way that it can be added later. Partnering with Island Health has helped Our Cowichan to significantly reduce the cost of the project. It is anticipated to be complete in the New Year.

**Adjournment**: at 8:00 pm. Minutes taken by Cindy Lise

Next meeting January 9 at the Ramada Silver Bridge at 5:45 pm Dinner to begin at 5:15