

**Network Minutes**

**Thursday September 8, 2016 Clements Centre Society- 5:30 pm**

**Present:** Denise Williams chair, Cindy Lise Regional Facilitator, Sheila Service, Melie De Champlain, Valorie Masuda, Colleen Fuller, Rhoda Taylor, Robin Routledge, Leslie Welin, Diane Pope, Douglas Hardie, John Elzinga, Denise McKinlay, Dave Ehle, Kate Marsh, Gretchen Hartley, Chris Hall, Alistair MacGregor, Jennifer Yee Fairweather, Terri Dame

**Regrets:** Robert Calnan, David Robertson, Amy Trippe Brophy, Aimee Sherwood, Alice Gelpke, Rob Hutchins Jan Tatlock, Michelle Staples, Jane Osborne, Gerry Giles, Gus Williams, Tom Walker, Jane Hope, Travis Peterson,

**Absent:** Jennifer Jones, Bob Day, Linda Roseneck,

**Guest:** MP Alistair MacGregor, James Tousignant, Kathy Easton, Anita McLeod

**On Leave:** Joanna Nielson, Laura Court

**Welcome to new members**: Jennifer Yee Fairweather, Terri Dame

1. **Welcome and introductions.**
2. **Adoption of Agenda- Moved/second Approved**
3. **Celebrating Network Members–**Melie De Champlain Syrian, Afghan and Iraq Refugees- Melie continued on her conversation from July and shared how Cowichan community members can get involved in supporting the new refugee families now residing in Cowichan as well as what they can do to bring more families to our communities. The door to entry into our region is through the Cowichan Intercultural Society. Now all of the children are in school and are being assimilated into their new classroom environments and their families are working to find employment and to simply get drivers licences. Individuals can get involved by:
   * **Volunteering**
   * **Sponsoring families via a group of 5**
   * **Raising awareness**
   * **Adopting a village**
   * **Donating money, housing and supplies**
4. **Delegation -Kathy Easton Cindy Lise- Response to needles in the community**. Cindy and Kathy shared information about the rise in needles being found in the community and the challenges regarding disposal. Discarded needles are not a new problem but the volume of discarded needles has increased significantly. Hot spots include the area surrounding McDonalds, Cowichan River behind the Old VIU, Centennial Park, and Behind Quamichan Middle School. The challenge for community members is that the volume of needles exceeds the ability of NARSF or Island Health to collect and dispose of them. Community members do not know how to handle needles or where to take them when found. There has been a task force of community agencies and partners meeting to discuss the challenges and plan a community wide response and strategy for where to go next. There has been a shift in trend to intravenous drugs because the price of the drug is low and ease of access has increased. More youth are engaging in intravenous drug use which is a new phenomenon that includes carrying safe injection kits being seen as a status symbol. Band-Aid solutions include increasing the number of safe disposal boxes and community education. Barefoot in the Park, exploring options for a safe injection site and other strategies will be reviewed. There is more to this than problem than collecting needles. More importantly the challenge of reducing the number of individuals engaged in intravenous drug use comes from addressing poverty, homelessness, employment and mental health challenges. (Members were sent a copy of the power point)
5. **Child Youth Mental Health and Substance Use-** Connecting the Dots -Cindy Lise. The topic of needles leads directly into the second presentation outlining the increasing number of homeless youth who are residing in and around the dike by McDonalds. The youth have been caught up in heavy drug use including crystal meth, heroin and fentanyl. A number of the youth are young girls and the ages of all of the youth in the group range from 12 to 20. The kids are being exploited by the drug dealers, pimps.Two large community meetings have been held, one in June and on in July, bringing together a diverse group of agencies and services including RCMP, Business, MCFD, foster families and many supporting agencies to address the issue. The group is working to understand why the youth are out there, what is keeping them there and what we can do to help them. A new outreach program is under development and will be in action by October. Conversation and questions included the following:
   * Kids are hungry for connection- by banding together in this group they improve their safety and the group has become their family
   * Kids want to choose community but often there is no community anymore
   * Kids are coming from families that use drugs and alcohol- what does that look to a child when they are 5? How do they learn other ways of coping?
   * Resiliency training and self worth are important to address the challenges
   * Drugs are easy and provide instant success to any problem
   * 90% of kids report that by grade 9 or 10 that they have used some kind of drug or alcohol
   * 50% of kids by grade 9 in Quamichan report having smoked marijuana
   * What would our community look like if we were 100% successful? What would it take for us to change the status quo and implement the conditions that kids need for success?
   * Housing First is an upstream approach to stable housing, safety, encouragement and is one of the most important determinants of health to meet.
   * **What do we need to do now?**
     1. Establish a data base of the numbers
     2. Assess the needs and level of housing supports required
     3. Determine the true cost of homelessness versus providing housing and wrap around services
     4. Leverage funding locally and move successfully to fund housing via Housing Trust Fund

(Members were sent a copy of the power point)

1. **Collective Impact**
   * **Physical Literacy-** John Elzinga –Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. The Physical Literacy Initiative has continued to move forward in the Cowichan Region. The collaboration and work between a variety of partners has been instrumental in rolling it out. Cowichan is now one of 10 pilot communities from across the nation who has been selected to take physical literacy forward. In the coming months our work will be seen across the communities through Playground boxes, hopscotch and other playground markings being printed on sidewalks and in places where children gather, “Try it Sports” will be offered to provide children and youth with opportunities to engage in sports that are not always found in our communities, physical literacy training and workshops will be offered to coaches, teachers, mentors and recreation staff. (This has already been in progress and will continue). Messaging and communications regarding physical literacy will also help to promote the initiative.

The most important part of this initiative is the collaboration between Health, School Districts, Parks and Recreation, Sports and Community is to be celebrated. (Members were sent a copy of the power point)

* + EPIC ( Eldercare Project in Cowichan) – Melie De Champlain- EPIC continues to grow and develop to ensure that our senior citizens age with cultural safety, respect, opportunity and choice. There are 4 active bodies of work which include a Cowichan District Hospital Working Group, Residential Care and End of Life Working Group, Primary Care Home Working Group and the Community Working Group. Each of the over 84 participants and agencies are working to transform not only health care but the health and wellbeing of our most fragile seniors. Melie outlined the core elements of the Primary Care Home which will includes the senior and the physician and includes a variety of wrap around services to ensure that seniors needs are addressed in the most timely and appropriate manner. (Members were sent the power point)



**NEW FORMAT**- Now included in a supporting document and not discussed at the meeting unless specific questions or conversations are brought forward.

**Our Cowichan**

**Supporting Document**

September 8, 2016 5:30 pm to 8:30 pm

Clements Centre Society 5856 Clements Street, Duncan

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| **Task** |  | Page |
| **OCCHN Minutes**  **Action items-**  full minutes in pages 1-4 | * Requests to present to local governments regarding aligning anti smoking, e cigarettes and possibly marijuana will begin in October. New Provincial legislation announced on August 30 stipulates that E-cigarettes now fall under the same rules as tobacco cigarettes. This information will be most helpful when approaching local governments with our plans to update and align bylaws. We have also been approached by Karen Alden Health Promoter with the BC Lung Association and QuitNow- BC's free support service to help people quit smoking. Cindy will meet with Karen and will plan for her to present to OCCHN as a delegation likely in November. |  |
| **Admin Committee Minutes**  **Action items**  Full minutes in pages 5-7 | * Action Item from Admin- Cindy to contact Social Planning Cowichan to have draft pages of Snapshots sent to Admin. Also to enquire about the possibility of highlighting some of our specific red flags or communities where significant differences are observed , for example life expectancy in Ladysmith * Cindy to doodle poll Admin members regarding availability to meet on the last Thursday of the month to allow more time for preparation before larger network meetings. | 5-7 |
| **Budget** | Budget documents for July and August as presented. There will no longer be a requirement for security expenses. A full review of budget items will take place in October. | 8 |
| **Recommendations** |  |  |
| **Membership** | * Joy Emannuel has resigned from Cowichan Housing Association- Terri Dame has now been hired in her place. We congratulate Terri and welcome her to our network! * Travis Peterson from Cowichan Intercultural Society will be sharing attending with Jennifer Yee Fairweather |  |
| **Asset Mapping Data Collection** | The Snapshots project is currently well underway.   * All design templates for all areas are complete. Data collated is now being entered into the templates. * All appropriate organizations have been contacted and been asked to participate in the snapshots. Almost all of the organizations have taken an interest in providing guidance and direction on specific highlights and trends to cover. We are waiting for 2-3 organizations to provide us with their highlights and stats, etc. * In mid-September we will begin the process of approaching First Nations in the Cowichan Valley to ask them how they would like to be represented in the snapshots. * We are beginning to write a foreword to the Story of Cowichan highlighting our approach to the snapshots, our methodology, our challenges and barriers, and our highlights.   ***OCCHN members are asked to take the time to fill out the survey and send along their photos for the project! Go to the Social Planning Cowichan Website for more information*** |  |
| **Communications** | * Communications committee will recommence in September. If you are interested in participating in the communications committee please contact Cindy |  |
| **Collaborative Services Committee** | * The Collaborative Services Committee met on September 7. An update will be provided with the next minutes. |  |
| **Mental Health and Substance Use Collective Impact** | * The September 8 OCCHN meeting will be dedicated to looking at our youth homelessness which fits into the larger regional MHSU planning. Housing First has been identified as a mechanism for addressing MHSU and is currently undergoing further exploration. |  |
| https://scontent-sea1-1.xx.fbcdn.net/v/t1.0-9/13939519_10154555561217189_2817467332211867874_n.jpg?oh=a300f5a9a3502912b55bb10a29ec11f8&oe=584BD3D5Hospice/ Palliative Care Centre of Excellence | * https://scontent-sea1-1.xx.fbcdn.net/v/t1.0-9/13882383_10154555561222189_3679064805911272717_n.jpg?oh=0dc7ded738e71ad60033187f01983061&oe=58428F7FThank you to Joan Hayden-Luck and Pat King of the Cowichan Lodge Auxiliary for their very generous donation of $21,862 to go towards the new Hospice House! We are incredibly grateful for your support! * The taskforce has not met over August; however the MOU is in the process of being negotiated between the Cowichan Valley Hospice board and Island Health.  The Concept Design committee has submitted the Concept Design to Island Health and after the MOU is complete, hospice will be required to give Island Health the money for a feasibility study to be conducted on the site and the concept design.  The design goes to architects and then planning continues.  As for the capital campaign, things are waiting until the MOU is signed and then the capital campaign feasibility study can commence.  The communications team is also at work with a householder delivered throughout the Cowichan Valley, educating the public as to the need for a hospice house. |  |
| Physical Literacy | * Physical Literacy Update to be provided at September 8 OCCHN meeting. |  |
| Sobering and Detox | * We are still waiting to hear who the successful proponent for the sobering and detox beds will be. Island Health is currently working on the final components of the contract with the provider. An announcement is expected soon. |  |
| **New Business** | * All OCCHN members will be able to endorse the small grant recipients in an email vote in early October. Recommendations will come forward from the small grants committee following the closing of the posting on September 30. |  |
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| Next Meeting NOVEMBER 10, 2016 Dinner at 5:30 Meeting begins at 6:00- Clements Centre Society | | |

**NEXT MEETING THURSDAY November 10 6:00 PM-**

**Dinner served at 5:30**

**Please Note that our meeting will be hosted at Clements Centre 5856 Clements Street**

Minutes taken by Cindy Lise- Meeting adjourned at 8:35 pm