



Meeting, December 3, 2013

**Chilliwack Hospital and Health Care Foundation, 46093 Yale Road,
Chilliwack, BC**

**CYC Chairs: Dan Bibby
Julie Unger**

Recorder: Karen Steegstra

Present:

Amber Prest	Big Brothers Big Sisters	
Anne Todd	Fraser Health	<u>Anne.Todd@fraserhealth.ca</u>
Collette Bohach	Big Brothers Big Sisters	<u>collette.bohach@bigbrothersbigsisters.ca</u>
Dan Bibby	MCFD	<u>Daniel.Bibby@gov.bc.ca</u>
Debbie Denault	CLCS	<u>debbied@chilliwacklearning.com</u>
Donna Dixon	CHHCF	<u>Donna.dixon@chhcf.org</u>
Duncan Macdonald	CYMH	<u>Duncan.Macdonald@gov.bc.ca</u>
James Challman	CCS	<u>challmanj@comserv.bc.ca</u>
Julie Unger	CSCL	<u>julie.unger@cscl.org</u>
Karen Steegstra	CYC	<u>chwchildandyouthcoord@gmail.com</u>
Katrina Bepple	CHHCF	<u>Katrina.bepple@chhcf.org</u>

Kiran Sidhu	FVDC	ksidhu@fvcdc.org
Leah Reimer	Cyrus Centre	leah@cyruscentre.com
Liz Lynch	Hospice Society	liz@chilliwackhospice.org
Natalie Karam	CSCL	
Patti Macahonic	Ann Davis	patti@anndavis.org
Sabine Mendez	Healthy Communities Council	sabinemendez@gmail.com
Steve Esau	CAPS	SEsau@pcrs.ca
Tobi Araki	RCMP	tobi.araki@rcmp-grc.gc.ca
Todd Lueck	City Life	todd@citylifecentre.ca
Tracey Arsenault	Big Brothers Big Sisters	tracey.arsenault@bigbrothersbigsisters.ca
Wayne Green	United Way	wayne@uwfv.bc.ca

Regrets:

Kelly Janveaux	YMCA	kelly.janveaux@gv.ymca.ca
Les Talvio	Cyrus Centre	les@cyruscentre.com
Lisa Jarvos	Fraser Health	
Rohan Arul-Pragasm	SD#33	rohan.arul-pragasm@sd33.bc.ca
Shari West	YMCA	shari.west@vanymca.org
Sonja Mussell	Xyolhemeylh	Sonja.Mussell@Xyolhemeylh.com
Stewart Mclean	City of Chilliwack	mclean@chilliwack.com
Susan	SD #33	Susan_edgcombe@sd33.bc.ca

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1. Welcome and introductions

Julie welcomed everyone and introductions were made.

2. Youth Clininc

Rob Lees shared with the members regarding a potential Youth Clinic in Chilliwack as a way to remove barriers for youth. Abbotsford's Youth Clinic has been successful. There is some thought to open the first clinic in the Neighbourhood Learning Centre with practitioners, counsellors and youth care workers available 2x per week. The thought that by locating where youth at risk are, it would better meet the needs. 80% of the issues youth face are mental health related. The services would be confidential and deal with substance abuse and reproductive issues. The thought was that a Youth Clinic would reduce the number seeking help in crisis as well as reducing the number of youth going to emergency. The first thing that is necessary is a physician who is passionate. It would also require community partners willing to contribute resources and services. Rob asked the member who else should be included in this project. At this time in Chilliwack there are 16 family practice residents who could bring support to staffing the clinic. Rob asked if the Youth Clinic the member of the CYC supported. Discussion followed. Wayne reiterated what Rob said about the Youth Clinic needing a champion like Dr. Watt in Abbotsford. James stated the Community Services is very supportive of a Youth Clinic at the NLC especially since the Young Parenting program will be moving there. Donna said CHHCF is very supportive of the initiative and said it was a good move approaching the Division of Family Practice. Debbie asked whether there was evidence of youth not accessing medical care. Karen made mention of a report from St.Pauls, stating that the youth mental illness cases they deal with in emergency are of epidemic proportions. Steve commented that many addicted youth who are attached to a doctor, don't trust the doctor. Leah stated the youth at risk don't have good access to health care. A comment was made the NLC location may bring fear to youth at risk. Rob said the idea would be to have Youth Clinics at various locations. James said if the Youth Clinic was promoted right it would be very positive. Members were asked by a show of hands to indicate support for the Youth Clinic. All members in attendance were in agreement that the Youth Health Clinic move forward.

Rob told the members that Dr.Watt and Shairose from the Abbotsford CYC would be sharing at the CQI Conference tomorrow for anyone interested in attending.

3. Agency Updates

Chilliwack Hospice Society – Liz Lynch – The society is currently running its first youth and children’s grief program for ages 4-12. There are presently 4-5 youth volunteers doing grief training to enable grief support in the schools. There are no fees for the programs.

Fraser Health – Ann Todd – The My Health My Communities survey is still running and currently needs more men to participate.

United Way – Wayne Green – Currently in the process of going through the Priority Grant applications and asking applicants to clean up grants in order for the applications to be successful. Wayne would like to ensure that funds go to good projects not just because the applicant is a good grant writer.

Healthy Communities Counsel – Sabine Mendez – The council has set 4 days apart for community forums in order to gain feedback on Crime and Public Safety, Mental Health and Substance Abuse, Homelessness etc. Action: Sabine will send invitation to Karen so that she can distribute to members.

Ann Davis – Patti Macahonic – Two weeks into her position and grateful for the outstanding staff she gets to work with.

Youth as Gatekeepers – Rob Lees Youth are presently being trained on how to speak to youth about suicide and are working towards presenting to adults

RCMP – Tobi Araki – The RCMP are in the process of hiring a new Youth Officer. Marijuana use and possession is epidemic at schools at this time. This may have something to do with the grow licenses. Are currently working on the Youth Academy; applications are up this year.

FVDCDC – Kiran Sidhu – Are trying to be creative in offering Triple P parenting programs. Had to cancel one in November, but realized it wasn’t a lack of interest but rather a lack of publicizing. Looking for

suitable places to host that are conducive to more outreach. The course teaches parents about resiliency and positive parenting techniques.

CAPS – Steve Esau – Have seen a huge increase in clients, especially since the incident with the Sardis Soccer team. Before a client is eligible for inpatient care, must see a worker three times. The three prerequisite for inpatient help are 1) tried stopping and can't 2) environment is feeding the addiction 3) chronic use

Cyrus Centre Chilliwack – Leah Reimer - Work is being done to move forward with the resource and emergency centre in Chilliwack. The desire is to have the new centre be Chilliwack specific especially considering the large Aboriginal population. The Nov. 15 fundraising banquet was a huge success. At this time still trying to determine a location for the Centre. The centre will be open 24/7 offering 3 meals a day. Chilliwack can build on the lessons learned by Cyrus Abbotsford. Leah told the members that Les is open to sitting down at any time with members who are interested.

Chilliwack Community Services – James Chalman – The Early Years programs are in the process of moving over to the NLC. The NLC will be the new location of downtown family place. CCS is working with the Salvation Army on the Christmas sharing program. Applications for hampers need to be submitted by Dec. 6. CCS will be passing over the Home Depot grant money to Cyrus Centre.

Big Brothers Big Sisters – Collette Bohach – Currently have more men going through the screening process. In January will begin a pilot project for boys who are on the wait list for a mentor; 1 male for 2-3 boys, meeting together once a month. Moving forward with the mentoring for young parents. Organizing group activities that young parents and mentors can participate in together in the hopes of creating natural relationships. Tracey – The in school mentoring numbers are down due to restricted access, so currently looking into a different approach. The Middle School boys program “Game On” is having huge success at Chilliwack Middle School.

Child and Youth Mental Health – Duncan MacDonald – Trish Ackland and Melissa Hopner have recently started a emotional regulation group for 3 and 4 year olds offered at CDC. Are currently working with the

FORCE on a program geared for parents who have children suffering from depression. Making good connection through the Mental Health Advisory Committee. Will be participating in the Walk for Mental Health Awareness.

Chilliwack Learning Community Society – Debbie Denault – The Family Literacy Committee worked with the Raise a Reader Campaign. Will be receiving \$8-10,000 for literacy in our community. The Early Family Literacy Group will decide how to invest this money. Historically, Sto:lo, CCS, and the Library has received funds. At the Provincial Literacy Conference there were representatives from Chilliwack who did workshops. Marci spoke on Marci’s Family Literacy workshops and Debbie spoke on the Stress Free Math workshops for parents. Distributed the Early Years Development Guide and they were gone in a moment as other communities would like to emulate Chilliwack’s guide. The year instead of Ford Mountain inmates reading for Christmas, it will be for Valentine’s Day. Presently CLCS is looking for a new location with 2 offices, book storage and shared reception and meeting room.

4. Challenge Day Update – Collette and Natalie

The vision statement of the Challenge Day organization is that “Every child would live in a world where they feel, safe, loved and accepted.” The Challenge Day event is a celebration of diversity and freedom of expression. There was an outstanding amount of community support for Chilliwack’s Challenge Days. In total there were 435 people who participated in the 3 Challenge Days. So far there has been lots of good feedback from participants; “every student should have to participate”, “active”, “got to know peers”, “broke down barriers”, “brought me out of my comfort zone”, “realness”, “changed me”, “felt like family”, changed my perspective for the better.” As a follow up schools are presently creating “Be the Change” committees. Youth need platforms to make that change. This is a way of empowering youth to have these opportunities. The adult response was also very positive, describing it as valuable, leaders had a good handle of the day, it was money well spent. One suggestion for growth is in the follow-up. Originally tried to raise \$25,000 for the day. Have presently raised \$15,000 and are expecting about \$4000 more. Tobi said she would like to see more boys participate. She said the day revealed a number of youth from the southside of Chilliwack at risk. There was lots of disclosure about self-harm. The members viewed some of the photos taken during the week.

5. Host Agency Orientation – Chilliwack Hospital & Health Care Foundation

So far 1800 people have responded to the GP for Me survey. Are hoping to get more male participation. The mission of the CHHCF is to improve the health of families in Chilliwack, Hope, Agassiz and Boston Bar, using the 5-2-10 message. The foundation has found different ways to develop community relationships, ie, healthy Christmas snack for Big Brothers Big Sisters, participating in Healthy Kids Day and providing a free lunch through the partnership with Bowls of Hope, wellness presentations at Sto:lo and Community Services, and partnered with the Early Years Committee in the redevelopment of the Development Guide. Currently working towards a reprint. The foundation is working with the Division of Family Practice in creating a Healthy Living Toolkit. Working with the School District in initiating a school ambassador program. Telus helps fund the 60 minute Kids Club and CHHCF is working on getting all the schools in Chilliwack participating. Ways that CYC member agencies can partner with CHHCF is by positive sponsorship, creating opportunities for presentations, and through grants. A committee of CHHCF is the Baby Friendly Initiative. At this year's breast feeding awareness event, Chilliwack tied for first place in the world of having the most babies breastfeeding at one location at the same time. The committee seeks to promote the health of breastfeeding and also to create awareness around providing comfortable places to nurse babies. BFI is trying to create normalcy around breastfeeding.

Dan thanked CHHCF for their presentation and for hosting. He congratulated them on getting so much accomplished in a short period of time.

6. Coordinator's Report

The BC Council for Families recently released the results of their study "Let's Talk About Families, BC", completed over the summer of 2013. The three big issues facing BC families? Poverty, daycare, and family relationship issues – which includes lack of support for parenting, single parenting, domestic violence, absentee fathers, divorce and relationship breakdown. The child poverty report card issued on November 26 of this year has BC once again in last place; 1 in 5 children in BC are considered statistically poor. As we plan for this year's Consultation around the

theme of “Family Smart”, I believe we need to use the results of these surveys to guide how we shape the theme of the Community Consultation and how we as a Child and Youth Committee approach the issues that are forefront for families in our Province.

November 20 was National Child Day. What a full week it was for the Child and Youth Committee. The Youth Matters Committee was busy heading up the three Challenge Day events and the Early Year’s Committee hosted a National Child Day event at City Hall. I was able to experience a hint of the Challenge Day energy, helping out with registration on one of the days. We are grateful to Collette and Natalie who took the lead on the Challenge Day events, and look forward to hearing from them this morning.

Our National Child Day celebration was held on November 19. We had 53 kids in attendance along with about 20 adults. I was so thrilled that the Second Day participants were able to attend, as I thought this a perfect opportunity to refer to the MDI and to make council aware of the issues facing the middle year’s age group. Particularly the need for free or inexpensive after school programming. Three of the students from the program prepared a presentation for council and did an outstanding job. A party isn’t complete without good dance music and we were so privileged to enjoy the talent of John Maleska. You can go to the [childandyouth facebook page](#) to check out the pictures of the event. National Child Day is such a fabulous opportunity to create awareness around child, youth and family issues. People are very unaware, but once they hear the statistics, they want to find a way to respond positively. Getting people to vote is a big first step. Politicians will respond first to those who got them elected, so somehow we have to inspire more people to get their voice heard.

For the past month and a half I have been working hard at putting together an updated version of the beloved “Parent Resource Guide”. I am waiting for a couple more updates and then it will be ready for distribution. While we had hoped that the CYC website would eliminate the need for a hard copy of resources, we are continuously made aware

that many do not have access to computers or the internet. Throughout the month I have opportunity to update our website and for those who are unaware, the CYC has a Facebook page.

I am very excited for the opportunity to speak about our CYC model at the CQI Conference tomorrow. I also appreciate being part of the Consultation working group; the desire is to make Consultation 2014, both relevant and inspiring to the work all of you do.

While many of the day to day tasks remain constant in my position, I totally love how every day, every week is different from the last. As 2013 comes to a close, we can be very proud of the motivated people who make up the CYC and the CYC sub-committees and celebrate all the ways our partnerships have better served children, youth and their families in Chilliwack.

7. Members were wished a Merry Christmas and presented with poinsetta's.

Next Meeting – January 7, MCFD, 8878 School Street