



December 2, 2014
Contact Centre

Co-chairs: Dan Bibby
Julie Unger

Recorder: Karen Steegstra

Present:

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Kathy Funk	Chilliwack Restorative Justice and Youth Advocacy	kfunkrestorejustice@gmail.com
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Ken Neufeld	Youth Unlimited	
Ken Popove	City of Chilliwack	popove@chilliwack.com
Nathan Ngieng	SD#33	nathan_ngieng@sd33.bc.ca
Rob Lees	MCFD/CYMH	
Rohan Arul-Pragasm	School District #33	
Sabine Mendez	Chilliwack Healthier Community	coordinator@healthierchilliwack.ca
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Regrets:

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1. Welcome and Introductions

2. Review of November minutes. Minutes approved. Karen will post on website.

3. Conversation 2015 Update – Rob Lees

This year’s annual event will take place May 15, a pro-d day at the NLC. This will be an opportunity to showcase the NLC. The program will focus around safe relationship safe children. This is part of a provincial initiative and a response by the Representative of Children and Youth in relation to the Shoeborn case. Throughout the day attendees will take a closer look at the ‘triangle of troubles’; domestic violence, mental health, and substance misuse. There will be a series of “Ted Talks” covering the various themes followed by breakout sessions where attendees can choose which topic they want to engage in conversation in. There will be “Challenge Day” activities led by youth as well as a simulation exercise. In the afternoon there will be a celebrity speaker followed by more conversation on how to improve services in Chilliwack. Every Door is the Right Door will be integrated throughout the day. The program committee will be meeting on December 18. The hope is to target first responders and those who intervene in crisis. We want to look at what we can be doing differently. There will be a formal ask to agencies for funding to help support the event. The estimated budget for the day is \$7000. So far funding has been secured from MCFD, SD#33, and Social Research and Planning.



4. Every Door is the Right Door Training Event Update – Karen Steegstra
Evaluation Summary - 48 participants; 29 evaluations completed.

1. How was today's workshop relevant and enriching to your position in your agency?

100% found the simulation exercise relevant and impactful

97% found the information regarding resources helpful

86% said how they would respond differently to clients as a result of Dr. Rob Lees presentation; others described the presentation as a good reminder

93% said the Networking was valuable

2 attendees were new to Chilliwack and found the information shared very helpful and valuable

1 attendee from Abbotsford would like to bring this initiative to their community

1 attendee wondered if "Every Door is the Right Door" is actually working and looks forward to a progress report

Other Comments: Gained confidence in referring clients

Greater awareness of agencies available in Chilliwack to assist families

Dr. Lees presentation was a great way to round off the simulation exercise and information sharing.

2 Attendees wished they had learned about available resources.

2. Are there things you will do differently as a result of today?

Use and share CYC website

Be more engaged and follow-up with clients

Keep myself educated of the resources available



Be more considerate/compassionate of clients, less judgemental

Continue to be more client centred

Be more patient with clients

3. How can the CYC improve on the workshop?

Agency Expo and/or Agency presentations

Longer workshop

Offer the workshop more often

Provide information on resources for seniors.

4. Further Comments

A number of attendees said they would attend again if offered and would bring colleagues.

Great venue, well organized.

“All service providers including management (local and senior) should take this training.”

Great presenters.

“Thank you CYC you are doing a great job for our community. I love how you are always evolving and sharing.”

5. Referral Card Survey Update

The survey results show that the card is being used and most agencies find it helpful and useful. The members discussed how it was one of an assortment of tools they use to direct clients to the correct services. The overall thought was that it is going to take time for the referral cards to catch on. The members thought that continuing to promote them and provide training around the referral cards would be beneficial.



6. Coordinator's Report

I am continually grateful for the many experiences and the very interesting people I get to meet because of my role as CYC Coordinator. I am also very grateful for the passionate and talented people I get to work alongside on a regular basis. It's so good to wake up every morning excited to go to work; no two days are alike!

Recently for some reason a google search of Child and Youth Mental Health will give my number and office address as a search result. Needless to say, in the last 2 months I have had many interesting conversations. Even when I redirect people to the correct agency, many just want a listening ear and will tell me their story anyway.

For our November 6 "Every Door is the Right Door" training event I prepared the resources with the help of MCFD front counter staff and co-facilitated the training with Rob, Julie and Annette. This was the third workshop and each time, it's inspiring to me, to see the attendees get stirred up and motivated considering ways to make positive changes within themselves and in their agencies in making "Every Door the Right Door".

Along with the regular monthly committee meetings I attend and participate in, I also had the privilege of participating in some other events during the month of November; the Success by 6 Council of Partners and Website Steering Committee. Chilliwack Learning Society's "Book Lovers Breakfast", was a great opportunity to celebrate literacy and to network with some very great people in our community. I was honoured to be part of the School District #33 Strategic Planning. A lot of good ideas were shared and I was pleased to see the recognition of the importance of early child development and positive intervention prior to kindergarten. That meeting for me was another powerful example of how agencies in Chilliwack have a strong desire to support, collaborate and work together to be part of a solution. An initiative of the Fraser East CYC/HC is to do a regional event around youth engagement. I along with Dan and Rob were part of a planning meeting for an upcoming national social workers convention, where we discussed the possibility of including youth as presenters at some of the workshops. I was grateful for the opportunity to attend November's Aboriginal Lunch and Learn, always fascinating; the hour is too short.

For me the Christmas season is a season of hope. Each of you, in the work you do are agents of hope in our community. My prayer for you is that you



will continue to be inspired and impassioned in the good work you do. I look forward to what the New Year will bring.

7. McCreary Report – Rohan

5300 students participated in the McCreary survey; parental consent is required. There is always concern about the types of questions that are asked. The Fraser East report is available online. http://www.mcs.bc.ca/pdf/AHSV_FraserEast.pdf .

Some results that were highlighted: 1 in 10 students report 0 days of activity and 48% of youth described injuries or health as preventing them from participating in activities. 16% suffered from Mental Health issues. 2 % of kids went to bed hungry because they had no access to food.. Only 35% wear a helmet while bike riding while 70% while snowboarding. 1 in 10 youth purge after eating. 2 out of 10 were engaged in sexual activity. 5% assessed their mental health as poor. 25% of youth rarely feel peace. 1 in 5 have considered suicide. 61% of youth are not seeking help when they need it because they don't want parents to know; 65% didn't seek help because they thought their problem would go away. 1 in 5 youth are cutting or self-harming. 70% indicated that they had someone in their family that they trusted; 34% outside the family. 26% of youth indicated that they had more than 5 drinks within the last 4-10 days. 2 out of 10 had tried marijuana before age 12. 40% had used drugs or alcohol in the last year. 8% of youth had been attacked or assaulted. 38% of youth feel socially excluded. 18% have been cyber-bullied. 14% of youth have met someone online that made them feel unsafe. 6% of youth had been forced by another student to have sex, 2% by an adult.

On a positive note, 85% of youth want to continue school after graduation. 3% are currently working 21 hours plus.

Members wondered when and how much of the report on Chilliwack report will be available to public. Currently looking at recommendations, interventions and supports and the budget required to provide those supports. For any agencies applying for grants, Rohan will provide the necessary information to support the application.

8. Website Update – Handout

Childandyouth.com has been running for 2 1/2 years. Continues to get an increase in subscribers and traffic. Currently working with CHC to create a Chilliwack user friendly site that would combine all the current resources. Todd asked if it were possible to have childandyouth.com be mobile friendly.

9. Community Funding Links – Nathan

Provincial funding provided through the Ministry of Education. Learning includes Nutrition and Knowledge providing supports for vulnerable students. Supports include breakfast programs, lunch programs, afterschool programs, counselling and youth



programs. \$694,559 has been allotted but with 15,000 students identified as vulnerable, it barely covers the needs. There is a focus on mental health and what can be done as a school district. There are specific school allocations to address the issues that arise at schools. The EDI is used to identify which schools are most vulnerable.

Todd took opportunity to praise the work of the volunteers from City Life, who run a free afterschool program at Bernard Elementary for 30 kids.

Youth are benefitting from positive relationships with adults.

10) Agency Profile – Contact Centre – Steve Esau

The Centre has multiple funders and it was originally intended to be a catch all of services. Currently there are a lot of great services happening on a limited budget. The Annis Residence is individualized living suites which allows those suffering from chronic homelessness to get established housing. Residents need to be clean for 30 days before being able to access living suites which include personal bathrooms and kitchenette. Currently there are 21 residents. The end goal is a feeling of security. Have had to evict a couple of residents but are still in community with them and some have moved on to successful living arrangements. Are always assessing whether to do the “easy solution” or the “hard solution” which often requires more time and energy but better results in the long term. In August 2013 the doors were opened to the first residents. Many have addiction or mental health concerns and have experience high trauma. They need a year to relax as part of their healing journey. There are community gardens and a community kitchen. Work BC offers workshops and employment counselling which is also open to the public. Chilliwack Addictions offers counselling for the substance affected. The more pain, the harsher the drug. Also offer HIC/HVC prevention and education programs.

The Centre looks at the value of social capital – “Who can I call when in trouble?” Try to connect people with interest groups and hobbies and are always looking for volunteers who can assist with this. Greater success for clients if they have greater support.

11. Sub-Committee Reports

Early Years – Currently working to developing and implementing Parent 2 Parent Mentoring in Chilliwack. Will be offering “Kids Have Stress Too” facilitator training in January.

Middle Years – will be meeting this afternoon at Central Elementary.

Youth Matters – Challenge Day is scheduled to take place Feb.23-26. There is large deposit which is required by December 25. Still waiting to hear what support SD#33 is willing to give. This year will be serving all Middle Schools and Alternate Schools. CSCL has been a key player in offering to support and hold the account for Challenge Day.



Clinical – Has been relooking at the policy regarding kicking kids out of a school at the first instance of a drug or alcohol offence.

12. Regional CYC

The East Fraser agreed on holding a joint event around youth engagement. This would be a youth led and youth developed project. Are looking into tying it in with UFV's international Social Workers conference in May. Also partnering on the event would be CQI, and The FORCE.

13. Agency Updates

VYPER – Connected with Youth Matters and UFV. Youth want voices heard and resources to help support process. Bring ideas on how to use VYPER money to pay youth.

Youth Unlimited – Are considering coming to Chilliwack. Are currently doing an assessment to determine community need. In other communities they have Youth Workers in schools. Offer drop-ins, retreats, teen Mom and Dad programs. Want to know what Chilliwack would like. Have already witnessed the amazing spirit of collaboration in Chilliwack. Youth Unlimited is funded through private donors. They are a faith based group that focuses on vulnerable youth.

Cyrus Centre – Received approval for extreme weather shelter.

Chilliwack Restorative Justice and Youth Advocacy – Are currently working on a pilot at Chilliwack Middle School and were part of a Pro-D Day explaining what Restorative Justice is all about.

Big Brothers Big Sisters – Has moved its office to Central Gateway. Will have 5 mentors working at Central. Currently in the process of hiring a new ED and heard there are some great candidates.

Chilliwack Healthier Community – Networking breakfasts are going well. Have speakers booked until May. May 14 will be the Annual Forum.

Division – The Youth Health Centre will launch the psycho-social component at the NLC in January 2015 with 5 interns from UFV being supervised by PCRS and MCFD. A medical and sexual health component will be established in Sardis, discussion is currently underway with Sto:lo, and there are 3 physicians who are interested in providing these



services. The eventual goal is to have two sites (one Chilliwack, one Sardis) that will have both the psycho-social and medical/sexual health components. The school district is currently looking into the feasibility of having a medical/sexual health component at the NLC, but is concerned with the parental perception. There will be a GP for Me community forum March (date TBD) to roll out the one point of contact to find a family doctor and how to appropriately access care.

RCMP – Currently have an officer leading the DARE program again. Another Constable has been assigned to help with Youth Work. Currently working on the High Risk initiative and realtime information sharing. Also brainstorming on what to do with youth who refuse help. VTRA referrals have increased which is a good thing because principals are understanding and making use of the process by making referrals,

**Next Meeting, January 6
Neighbourhood Learning Centre**