



December 1, 2015
Neighbourhood Learning Centre

Co-chairs: Dan Bibby
Nathan Ngieng

Recorder: Karen Steegstra

Present:

Collette Bohach	Big Brothers Big Sisters	<u>collette.bohach@bigbrothersbigsisters.ca</u>
Dan Bibby	MCFD	<u>Daniel.Bibby@gov.bc.ca</u>
Danielle Edmondson	FVDCD	<u>dedmondson@fvcdc.org</u>
Doris Marko	MSDI	<u>Doris.Marko@gov.bc.ca</u>
James Challman	CCS	<u>challmanj@comserv.bc.ca</u>
Julia McCaffery	FVACFSS	<u>Julia.McCaffery@gov.bc.ca</u>
Jutta Wykpis	Health Contact Centre	<u>Jwypis@pcrs.ca</u>
Karen Steegstra	CYC	<u>karen@childandyouth.com</u>
Katrina Bepple	Chilliwack Division of Family Practice	<u>kbepple@divisionsbc.ca</u>
Ken Neufeld	Youth Unlimited	<u>ken@youthunlimited.com</u>



Leah Froese	Cyrus Centre	<u>leah@cyruscentre.com</u>
Natalie Karam	CSCL	<u>natalie.karam@cscl.org</u>
Nathan Ngieng	SD #33	<u>nathan_ngieng@sd33.bc.ca</u>
Patti Macahonic	Ann Davis	<u>patti@anndavis.org</u>
Paul Mcmanus	School Board	<u>Paul_mcmanus@sd33.bc.ca</u>
Ruby Gidda	Fraser Health	
Sabine Mendez	Chilliwack Healthier Community	<u>coordinator@healthierchilliwack.ca</u>
Stacy Wood	VYPER	<u>stacy@vyper.ca</u>
Steve Esau	Contact Centre	<u>SEsau@pcrs.ca</u>
Todd Lueck	City Life	<u>todd@citylifecentre.ca</u>
Wayne Green	United Way	<u>wayne@uwfv.bc.ca</u>
Wendy Bruzzese	FVDC	<u>w.bruzzese@fvcdc.org</u>



Regrets:

Damian Fleming	RCMP	Damian.fleming@rcmp-grc.gc.ca
Debbie Denault	CLS	debbied@chilliwacklearning.com
Duncan MacDonald	CYMH	Duncan.Macdonald@gov.bc.ca
Imraan Gazdar	Ann Davis	igazdar@anndavis.org
Jenna Nickle	YMCA	jenna.nickle@gv.ymca.ca
Jody Lymburner	RCMP	Jodi.lymburner@rcmp-grc.gc.ca
Julie Unger	CSCL	julie.unger@cscl.org
Kelly Guiaya	FVACFSS Xyolhemeylh	kelly.guiaya@gov.bc.ca
Ken Popove	City of Chilliwack	popove@chilliwack.com
Leanna Kemp	Restorative Justice	kemprestorejustice@gmail.com
Ruby Gidda	Public Health	ruby.gidda@fraserhealth.ca
Tammy Webb	Ann Davis	twebb@anndavis.org

1. Welcome and Introductions.

2. Review of minutes. November minutes approved and will posted to website.



3. Anti-Gang Initiative – Julie Pariseau

Youth Services and Chilliwack Restorative Justice partnering for a grant. They plan to offer a 35 week project for 10-12 year olds. There will be 2, 11 week sessions with 12 youth in each session. Restorative Justice will cover the circle dialogue and Community Services, recreation. In the 11th week will cover with youth what it is like to be a leader. At the end of the program each youth will be linked with a mentor, volunteering or participating in the community. A follow-up will be done 1 year later to see how youth benefited from the program. The target is that 80% of the youth who participate will have increased skills, no further criminal contact and complete the program. Will be looking for referrals from service providers particularly those youth in the Promontory area who have had MCFD contact. It was noted that youth crime is increasing in the Garrison area. Community Services and Restorative Justice and Youth Advocacy would like a letter of support from the CYC. The motion was moved by Wayne Green and seconded by Todd Lueck. All members were in favour; Karen will draft the letter on behalf of the CYC.

4. Mental Health Workshop Review

The workshop was well received; had a unique discussion approach with audience and a good Q and A session. The workshop ended with tangible outcomes of next steps for the year ahead. Sabine will share the outcomes once the evaluation process is complete. The workshop was part of a provincial initiative to look at mental illness through a family lens. When looking at adult mental health need to consider how the children are being affected by challenges of caregivers.

5. Care Team/Collaborative Practice Review

55 service providers participated in the Care Team Orientation workshop and learned why it is an effective model. Woman attended who spoke of her lived experience of working with a successful care team and how she felt more empowered. A Collaborative Practice Handbook has been developed and will be distributed. The school district has been able to tie in the common principles around school based teams. Currently there are 10-15 different types of processes being used in Chilliwack; it's all about working around families.

6. YMCA Youth Works Program – Tara Cummings

For the first time, Youth Works is being offered in Chilliwack. The program addresses the gaps in regard to youth employment. It will be run out of the YMCA in what used to be the Alternative Suspension building. The program is for youth ages 15-29 with the following criteria:

- 1) not eligible for EI**
- 2) not attending school (must be available to make a commitment to the program)**



The program is 30 weeks long, divided into 3 phases. The first 6 week phase consists of comprehensive training, life skills and job readiness. This phase is the minimum commitment required by participants. All participants will receive a YMCA membership. The short term skills training will include things like food safe and basic first aid. The program is very individualized and includes both vocational and educational training. Phase 2 is a 12 week work placement and could include a wage subsidy. Phase 3 is a 12 week follow-up. The YMCA will run 4 groups per year with 12 participants in each group. Looking for referrals; the YMCA will be able to provide transportation support. Working with WorkBC.

7. Safer Families – Tobi Araki

Safer Families is a sub-committee of the Public Safety Advisory Committee. It is part of city bylaws for such a committee to exist; it is established by Council and houses the public safety issues. Safer Families reports and makes recommendations to PSAC. Sexual Exploitation of Youth has become a key topic. Committee wants to be sure projects are youth led. Goal is to support SEA CAT. Tobi spoke about a new resource made available by “Child Centre for Exploitation”, “Need Help Now” app; helps people remove exploitive photos online. Go to needhelp.ca for other available resources. The committee is hoping to create a series of online vignettes that are youth led and encourage online safety. Questions or information can be directed to the Safer Families chair Anouk Crawford, reception@valefamilylaw.com.

8. Youth Health Centre

Currently drafting a MOU service delivery agreement. Have completed an application to Fraser Health requesting formal status for the Health Centre. This would allow for free birth control, doctor sessions and nursing support. Since opening in January, the NLC site has served 311 youth, 187 female, 102 male; 128 have been unique clients. Since opening in April, the Stolo site has had 161 doctor visits; 82 being unique clients.

9. Youth Adult Facilitator Update

A presentation was given on Nov. 3 for City Council by Karen, Sophie and Stacy along with 6 youth. The presentation spoke of the value of VOYCE and the importance of the YAP position. Dan met with James and Carol Marleau from the City to speak about the pilot and submission for funding. Will be meeting next week to discuss this further.

10. Every Door is the Right Door Agency Orientation

One of the new initiatives for the year is for agencies to host on site orientations. This will provide opportunity for better insight. Agencies are asked to pick a month between January and June. MCFD will host January. CCS has requested May, FVCFASS, April.



11. EDRD Workshops

The CYC will host a workshop once again at the February School District Pro D Day. Another workshop for service providers and front counter staff will take place in April.

12. Conversation 2016

Next planning meeting scheduled for Dec. 11, 8:30 am at the Airport Restaurant. In January the steering committee will present a tentative program to the CYC for approval. This year's focus will be on Social and Emotional Development and profiling local skills and programs. For the first time we are hoping to offer a Thursday evening parent night.

13. Local Action Team

Has been meeting for 6-8 months as an initiative of the Dr.'s of BC and Divisions of Family Practice as well as a cross government initiative. The 3 objective of the local action team 1) how to access local mental health services; promotion and support 2) multi-sector care 3) promoting indigenous safety training – for those who are not being funded by their agency to take the online course, funding is available through the Division.

14. 2015 HELP Expo

Trends in children's social and emotional well-being; What does HELP's data tell us? Dr. Martin Guhn

Study looking at Mandarin and Punjabi speaking families, found that children who are bilingual show positive social and emotional development and higher school readiness.

New evidence, new ideas: Thinking differently about development across the Early Years. Dr. Kim Schonert-Reichl

Talked about 2 studies one that followed children from Kindergarten to adulthood entitled "Nice Kids Finish First". Children who showed pro-social behaviour in kindergarten were more likely to graduate, obtain a college degree, obtain stable employment, not on public assistance and not involved with the law.

The other followed children from infancy to age 32 and determined that adult well-being could be traced social connectedness in childhood; being included. And quality relationships and participation in activities during the adolescent years.

A child's ability to show self-control can be a predictor health and wealth.

Practical Strategies for Encouraging social well-being in children.

Understand that relationships are core:

- 1) be an active listener
- 2) get to know the child's life
- 3) ask for feedback

Huge benefit to buddy programs.

Building a Canada that works for all generations. Paul Kerkshaw

If we are going to see to change in vulnerability, there must be political change.

Community Systems that Support Children and Families – Dr. Brenda Poon

Do the services sitting at our EY and CYC tables reflect the needs identified in the community.

Promoting Heart-Mind Well-Being: Inspire, Engage, Inform! Dali Lama Institute

Created a Heart Mind Index based on the EDI



Stress and anxiety are contagious. So is happiness!

heartmindonline.org



Evidence informed resources that educate the hearts of children. Resources available for families and for educators.

Workshop – Social and Emotional Learning – Practical Strategies for Helping Children Thrive

There is a link between how we feel and how we learn.

Core Values

- 1) Caring environment – children need to feel loved and nurtured
- 2) Provide specific skills that will foster social and emotional competence and happiness
- 3) important for adults to think about their own self-care

While some stress is good, toxic stress can cause brain damage – cortisol interferes with brain development

Teacher stress can lead to tunnel vision; less empathy

Social and emotional fitness should be seen in the same way physical fitness.

www.casel.org provides a guide for effective social and emotional learning programs

15. MOU Strategy

Some issues surrounding signing the MOU. Will continue to review each year and update as needed. Regular participation at CYC meeting is indication of commitment.

16. Agency Updates

School District #33 – Partnering with PCRS to provide drug and alcohol counsellors in the New Year. CYMH clinician, Cristael Biela will be providing in school support. Will be doing some outreach work at CMS around non-attendance. Will be holding a special dinner, January 19, focused on Social and Emotional Health. Dr. Vung Vo (sp?), adolescent pediatrician will be presenting. If interested in attending, email Nathan.

Ann Davis – Maternity leave position will be posted soon; Women stopping the violence worker. Children in Between will be starting its second round in January; for children in high conflict divorce. On December 6 at 5:00 pm will be holding a moment of silence as part of the National Day of Remembrance.

School Board – Roll out of new curriculum. The feedback has been positive. It is a more individualized model developed by teachers. Advance polls will be open Dec. 2 for Trustee bi-election. Voting to take place Dec.12.



Division – PAM, 1500 people attached. Still in phase 1 in Chilliwack, working with unattached. Currently working with Chilliwack Chiefs on a mental health awareness project around reducing stigma. On Feb. 21 will have a booth at the game. Agencies are invited to participate to promote their programs.

Big Brothers Big Sisters – Biggest caseload ever and continues to grow. Will be hiring a new mentoring coordinator in January. Human Service Career training has been taking place over 3 Saturdays; great feedback and very meaningful sessions. Students are getting counselling skills as well as experiential learning. In January will be having a session on mindfulness.

FVACFSS – Programs winding down for the year. Have hired a new Community Engagement Worker.

Cyrus Centre – Extreme weather shelter response when temperature below 0 at night. Cyrus Centre has 13 beds and a warming centre. Will never say “no” – only if there is a medical concern or security risk. Collecting brand new hoodies so that all youth that come to the shelter will receive a Christmas gift.

PCRS – Job opening in addictions and the Learning to Lead programs.

CSCL – Looking at ways to open programs for all youth, not just those with special needs. Will once again have a float in the Chilliwack Christmas Parade.

Restorative Justice – working on a program with CMS. Will be looking for someone to fill a school coordinator position. Currently focussing on youth advocacy piece.

Ministry of Social Development – Single parent initiative, helping them to get employment by providing exemptions for a full year. If currently receiving child support will still be able to receive subsidy. Currently working to having clients access online services rather than phone or walk-in.

City Life – Helping families that are part of the After School Adventures program. Received an anonymous gift of \$5000 to help families. Each family will get \$100 gift card plus a \$25 gift card for them to give away.

United Way – Giving time of year. Campaign still going relatively well. Impressed with MCFD’s quick response to ensuring children in care are signed up for the Smart Saver program.



YMCA – Currently promoting membership; \$20 for 1 month of services.

YYPER – Follow-up with YAP in Chilliwack. Will be connecting with VOYCE.

MCFD – Regional CYC meeting will take place on Friday.

17. Coordinator’s Report

Along with the regularly scheduled committee and sub-committee meetings, emails and website updates I participated or helped organize and promote the following:

Early Years

November 4, attended the HELP Expo at UBC. (report in minutes)

November 5 – Council of Partners

November 13 – hosted Early Childhood Expo event at Cottonwood Mall

December 1 – Baby Friendly Initiative presentation to City Council

CYC

November 3 – National Child Day celebration and presentation at City Hall (Youth focus)

November 6 and 20 – Conversation planning

November 19 – Collaborative Practice Workshop planning and participation on November 26

November 24 – CYC orientations for practicum students at the 2 Youth Health Centre locations

Community Engagement

November 19 – Trauma informed (discussion around special screening of “Paper Tigers” for service providers)

November 24 – CHC Networking event

**Next Meeting, January 12
Neighbourhood Learning Centre**