

YOUTH MATTERS

A subcommittee of the Chilliwack Child and Youth Committee **Meeting Minutes (January 26th, 2016) – 9:00-10:30am**

Co-Chairs: Kristy Jones (PCRS) and Kate Healey (CCS)

Recorder: Kristy Jones

Present: Kristy Jones, Kate Healey, Donna Simon, Roxanne George, Kate Francis, Danielle Edmondson, Julie Conkin, Maggie Aronoff, Derek Hanson, Kevin Craig, Cherie Martens, Nikki Dionne, Kristy Vanderstarre, Karen Steegstra, Carol Marleau, Rosemary Kelly, Kaley Varty, Mike Sikora

Regrets: Irene Wesenberg, Aileen Mathews

Welcome & Introductions

- Round table introductions

Reviewed minutes from last meeting (Action Items)

Chilliwack Leisure Centre Space for Youth (Rose from REC Excellent)

- Looking to provide a safe/ welcoming place for youth to hang out, do homework, etc.
- Looking for feedback from the committee. Potential for space at both leisure centers, no set timeline. Is currently creating new spaces at the Cheam center, looking at what is available at the landing.
- Committee/ community have seen a need for a youth center for a number of years, has been brought up in conversations at several meetings.
- YMCA has been suggested as a potential space as a youth center HUB. Possibility of having a few different locations for youth to gather.
- LAT/ VOYCE youth have been consulted around the needs/ wants of Chilliwack youth. A summary could be created and sent to committee members that are interested in moving forward with a space. VOYCE can send feedback to the leisure center, as can Roxanne. Karen will look at what Sophie reported on.

ACTION: Rosemary can share any information/ feedback from community members with the leisure center, and report back what comes from the leisure centers.

YEP Update (Roxanne)

- Working with the youth and elder project, applied for some funding which has allowed her to work on reserve. She is serving youth from Burnaby to Boston Bar.
- Hosted a workshop called Igniting the fire, featured traditional cultural workshops involving youth and elders.
- Feedback from the conference was very positive.
- From the conference they have created traditional circles; February 15th is the next workshop. Looking to expand to Chilliwack.
- Offering "Walking forward" a 12 class (2 hours a class) grief and loss, traditional medicine wheel workshops.

ACTION: Contact Roxanne if you have youth that are interested.

Balancing Our Minds (Maggie - LAT)

- Looking to host a Youth Conference in the spring (April), following spring break.
- Open space for this committee to help design.
- School district is providing busing and staff.



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- Talking to VOYCE youth about what we want to see. Ideas have included:
 - An awesome key note and fun interactive activities. Mental health and substance use focus.
 - Interactive booths that have an education component. How do mental health and substance use go together, what resources are there in the community. What other options are there besides medical options (i.e. yoga, traditional aboriginal, etc.)
 - Target building as a potential venue, middle of the room would be a circle (medicine wheel) moving through education, resources, and healthy lifestyle choices. Short activities that they can take part in (yoga, art. etc.)
 - Youth lead, MC event and host some of the booths. Youth informing youth.
- Currently waiting on the Balancing our mind grant funding, and if we are successful.

ACTION: Create a task committee; identify who is interested in planning this event, forward names to Cherie. Contact Cottonwood Mall to see if the old Target building could be a potential venue

Youth Adult Partnership/ VOYCE update (Cherie)

- VOYCE meetings, excited about sending the message that (it's normal to be abnormal.)
- Having meetings at the NLC Thursdays at 5pm ages 12 - 24. Moving to GWG after Spring break.
- Have hired a youth facilitator, Vincent. He will be at our next youth matters meeting.
- VOYCE youth are organizing the LAT meeting, marijuana awareness event March 28th.

ACTION:

CYC Update (Karen)

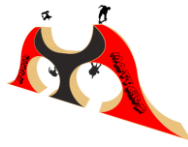
- Info Chilliwack website has rolled out with a ton of positive feedback.
- Registration opens April 3rd for the annual conversation on Chilliwack children and youth. Date is May 5th. There will be a Thursday night event for parents. The focus is Trauma and the developing brain. Information around how trauma affects the brain and workshops that will focus on how to deal with healing the brain. Drawing from local experts.
- Sleep survey, over 700 people have taken the survey. CYC website under resources has a link to the educational movies/ resources.
- Transition committee ages 17 - 24, creating a bridge from youth services to adult services. Open to having agencies that serve that age group. The meet the first Wednesday of the month at 9am at the NLC.

ACTION:

SEACAT Update (Karen)

- February 24th Pro D Day around sexual exploitation. This is in partnership with the school district. TCO2 from children of the street will be the key note and will focus on their toolkit for services providers.
- Holding an art contest for youth to create posters around consent, hoping to unveil the winners at the pro d day. Posters will then be created and can be circulated to the community for national sexual exploitation month.

ACTION: Karen will send Kristy or Kate the registration link to circulate it to the committee members.



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Recovery Position Card update (Kristy)

- Recovery position card will get feedback from VOYCE youth. Committee members found the card too wordy and want the pictures larger.
- Identified that the card would be useful and is a want/ need for the community.
- Community agencies could split the cost, and the LAT can help cover the short fall if any.
- Possibility of using the schools printers, or Staples would cost 65\$ for 1000 cards printed.
- Will look and making the changes to the card for our February meeting.

ACTION: Send any feedback to Kristy, Kristy will make changes and agencies willing to split the cost can let Kristy know.

Strategic Planning Update and Discussion (Task Group)

- Survey allowed us to get some useful feedback from a lot of committee members.
- The strategic plan committee created a draft of the strategic plan. It included a purpose, principles, and structure. Practices that the committee can achieve.
- They have identified key organizations that should be here, and who we would like to see here.
- Ron and Kate will create changes based on feedback.
- Karen noted that our terms of reference for this committee had a focus on At Risk youth. Have shifted to a more universal group.
- It would be useful to mapping out the different committees and what they are doing. Karen can send out the committee chart that maps out all the different committees in Chilliwack.

ACTION: Changes can be sent to Kristy or Kate for the strategic plan. Kristy will send the strategic plan to all committee members. Karen will send out the Chilliwack committee map.

Meeting Dates/ Times (Kristy)

- **Meetings will take place the 4th Thursday of every month from 9- 10:30 (unless otherwise noted)**
- February 23rd
- March 30th
- April 27th
- May 25th
- June 22nd

ACTION: Next Meeting is at CHANCE @ 7:30am – 9am

Program/Service Updates:

- The city of Chilliwack is being approached for funding for programs, the city wants to create a survey to identify what agencies/ programs are being provided. The survey could help identify services/ funding gaps, and create partnership. The city is hoping to stream line access to the leisure centers and rec programs. A Partnership with the school district/collaborating with Leisure center around accessing programs etc. Looking at programing for “Youth” ages 9 – 19.
- LAT -Mental Health first Aid training February 24th and March 17th. Looking for front line workers to attend. General overview, 224\$ cost, LAT can sub some seats.



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Gabor Mate is set for March 3rd – check in by 6pm at Chilliwack Secondary. They have held back a few seats that are for youth, parents, etc. that would benefit for this conversation. Let Maggie know if you have youth, families that may be interested.

- BBBS (Nikki) is running a group for Ages 8 - 13 called Kids in control. The group is Thursdays 3 – 5 at the NLC 10 weeks, help kids that have a parent that is struggling with a parent that has a mental health concern. Looking to tweak the program so that it fits for children that have a parent in the criminal justice system. To refer children you can email: kicchilliwack@gmail.com. Nikki will send out referral form to youth matters members. Possibility of running a teen program in the future. Can you send out a poster to share in schools, community pages etc.
- Restorative Justice – Hosting the second “Be chill” session. Looking at ages 11 – 15, 8 kids last round. 22 registered for this round, currently have 20 in the group only female at this time. Referrals came from a variety of schools. The focus is on Yoga, Mindfulness, RJ and community connections, circles, connection to local businesses. Looking for a second group that focuses on an older age group 15 – 18. Looking to have transportation provided. Currently the program runs from 3:30 – 5pm. currently waiting to start another group potentially after Spring break.

Next meeting: Thursday February 23rd, 2016
CHANCE 7700 Prest Rd, Chilliwack, BC V4Z 1C5