

CYC Monthly Meeting, via Zoom

February 1, 2022, 9:00 am – 11:00 am

Co-Chairs: Kate Healey & Kelly Guiaya

Recorder: Kate Healey

Present:

Aileen Mathews	Chwk Society for Community Living	aileen.mathews@cscl.org
Alexa Hendricks	Chwk Community Services	hendricksa@comserv.bc.ca
Angela Rieberger	Chilliwack Central Elementary Community	ccecss@gmail.com
Annette Williams	Chilliwack Learning Society	literacyoutreach@chilliwacklearning.com
Brenda Point	School District 33	brenda_point@sd33.bc.ca
Brenda Calendino	School District 33	brenda_calendino@sd33.bc.ca
Candace Craigen	Big Brothers Big Sisters of the Fraser Valley	Candace.Craigen@bigbrothersbigsisters.ca
Carin Bondar	School District 33, Board Trustee	carin_bondar@sd33.bc.ca
Carol Marleau	City of Chilliwack	marleau@chilliwack.com
Cheryl Elderton	Pivot Point	cherelderton@gmail.com
Corinna Landsberger	Family Smart	corinna.landsberger@familysmart.ca
Cristal Biela	Fraser Health	cristal.biela@fraserhealth.ca
Dan Bibby	Chilliwack Society for Community Living	dan.bibby@cscl.org
Diane Braun	Child Care Resource and Referral	braund@comserv.bc.ca
Helma Kardux	CYHC – UFV MSW Practicum Student	Wilhelmina.Kardux@student.ufv.ca
Jenny Sawatzky	TheraLife Centre	Jenny.Sawatzky@shaw.ca
Kate Healey	CCS Youth Services	healeyk@comserv.bc.ca
Kaleigh Roberts	CCS Youth Services	robertsk@comserv.bc.ca
Kelly Guiaya	UFV School of Social Work and Human	Kelly.guiaya@ufv.ca
Levi Bailey	CYHC- UFV BSW Practicum Student	Levi.Bailey@student.ufv.ca
Marinel Kniseley	UFV CHASI	Marinel.Kniseley@ufv.ca
Mark Klassen	NLC	Mark_klassen@sd33.bc.ca
Nikki Dionne	Chilliwack Community Services	dionnen@comserv.bc.ca
Rob Lees	CYMH	Robert.Lees@gov.bc.ca
Steve Roukema	Chilliwack Restorative Justice	executivedirector@restoringjustice.ca
Sunita Lakhanpal	Sardis Library	sunita.lakhanpal@fvrl.bc.ca
Tara Cummings	YMCA Volunteer	taracummings.chwk@gmail.com
Tracey Bann	CYSN	Tracey.bann@gov.bc.ca
Wanda Smith	MCFD	Wanda.j.smith@gov.bc.ca
Yves Trudel	United Way of British Columbia	yvest@uwbc.ca

Regrets:

Ann Hagel	FVACFSS	Ann.hagel@gov.bc.ca
Corinne Vooyo	Chilliwack Learning Society	volunteertutors@chilliwacklearning.com
Crystal Salter	Fraser Health	Crystal.salter@fraserhealth.ca
Danielle Edmondson	Fraser Valley Child Development Centre	dedmondson@fvcdc.org
Donna Simon	Gambling Supports BC	donnassolutions2016@gmail.com
Doris Marko	MSDPR	Doris.Marko@gov.bc.ca
Janit Doyle	East Fraser Aboriginal CYMH	Janit.doyle@gov.bc.ca
Jannette Loosdrecht	City Live: Afternoon Adventures	jloosdrecht@citylifecyclechurch.ca
Jaylene Blaine	Ann Davis Transition Society	JBlaine@anndavis.org
Jennifer Hawkins	Fraser Health	jennifer.hawkins@fraserhealth.ca
Jodi Higgs	PCRS	jhiggs@pcrs.ca
Jutta Wykpis	PCRS	Jwykpis@pcrs.ca
Karen Steegstra	Fraser Health	karen.steegstra@fraserhealth.ca
Katrina Ovens	PCRS – Traverse	kovens@pcrs.ca
Ken Neufeld	Youth Unlimited	ken@youthunlimited.com
Kristin Hall	Wilma's Transition House	Kristin.hall@wilmasth.org
Mallory Tomlinson	Chilliwack Pride	jmmltom@telus.net
Margaret Reid	CCFC	chilliwackcitizensforchange@gmail.com
Michael Keough	MCFD Child & Youth Mental Health (CYMH)	Michael.Keough@gov.bc.ca
Natasha Herrick	Fraser Valley Brain Injury Association	elliott.herrick@gmail.com
Robbyn Bennett	UFV Counselling and Student Wellness	Robbyn.Bennett@ufv.ca
Steven Esau	PCRS	sesua@pcrs.ca
Stuart Morris	Highroad Academy	smorris@highroadacademy.com
Ted Kim	Chilliwack Bowls of Hope	ted.kim@chilliwackbowlsofhope.com
Tracy Jajcaj	UFV Practicum Student, CYHC	tracy.jajcaj@student.ufv.ca
Tracey Abrahamson	RCMP	Tracey.abrahamson@rcmp-grc.gc.ca
Trevor Weins	Cyrus Centre	trevor@cyruscentre.com
Wendy Bruzzese	FVDC	wbruzzese@fvcdc.org

1. Welcome and Land Acknowledgment 10 minutes
 - **Vanessa Epp, Doctoral Intern at the CYHC**
2. Review and Approve Agenda – **Approved**
3. Approval of January 11, 2022, Meeting Minutes **Approved** 5 minutes
4. Program Presentation: **Chilliwack Youth Health Centre** 20 minutes

History of the CYHC – Rob Lees

- Based the idea off of other existing health centers, based on research they decided to create a space for youth up to 26 years of age.
- Youth mental health and addiction services in a drop-in service, young people have challenges but don't seek help if it isn't easy to access.
- Looked at international and national models for youth mental health – findings showed you needed to get close to schools which lead to services starting at the NLC.
- The story of the CYHC is a 'stone soup story' – 9 agencies that came together to build the CYHC. Those partners are still connected to this project, they went to being a society and are now a charity.
- New partnerships for practicum placements: Wilma's House, Creative Centre Society.
- The YMCA offers the YMinds Program for youth to the centre.
- First year served about 400 youth to providing 4,553 services this last year.
- Pre-pandemic the CYHC started doing training to provide online training and then when COVID hit they were able to pivot their resources online to support youth.

CYHC a Year in Review Presentation – Brandi Carlow (attached)

- Average of 3 youth an hour at their site.
- Always new youth that are connecting to their services – average of 1-3 new youth a week.
- Saw a significant growth in 'caring adult' conversations, who were bridging youth to services.
- Gender Support Network (GSN) Partnership connects with 12-15 youth a week.
- Offering various groups throughout the year, both in-person and virtually.
- New service this year: Nurse Practitioner 3 days a week this year. Still have a doctor 1 day a week. The Nurse Practitioner (NP) has allowed the CYHC to reach out to Traverse and Cyrus Centre clients.
- Having a Traditional Healer and Mentor, Muriel Victor, on site as a response to feedback from clients about wanting to have more connection and access to Indigenous resources and supports.

- CYHC Social Media: Instagram: [chilliwackyouthhealthcentre](https://www.instagram.com/chilliwackyouthhealthcentre); Facebook: @chilliwackyh

Covid Impacts on Youths Mental Health -- Vanessa Epp, Doctoral Intern at the CYHC (see attached presentation)

- Grew up in Chilliwack, went to GW Graham.
- Doing her Doctoral Internship at the Chilliwack Youth Health Centre.
- Purpose: Building healthier communities
- Impact of Covid-19
 - Increase in anxiety of youth and a decrease in mood, being fueled by ‘fear messaging’ and misinformation.
 - Absence of structure impacts development – being consistent with our structures are critical.
 - Increased risk of child victimization, for communities who couldn’t maintain their regular programs such as ‘backpack programs’ there was an increase in victimization. No one was checking in on them.
 - Covid has had a significant impact on mental health showing in the research conducted – seeing increased in depression, anxiety, irritability, and attention span.
 - Recommendation was to focus on balancing the risk of COVID-19 with the deterioration of mental health of youth and children. Need to look at ‘how can we do this?’, need to look at in-person school recreation, maintaining large milestone events such as grad.
 - Needing to look at how we can have healthy conversations with children and youth to help them understand the importance of caring for themselves, e.g. Washing your hands.
 - We need to make sure we aren’t normalizing difficult situations/behaviours for youth and not writing off those moments as ‘adolescence is a difficult stage’ – 60% of youth won’t seek out support for mental health, we have to be there to ask questions to help them.
 - Resiliency:
 - As adults we need to model balance, asking for help, slowing down.
 - We need to engage youth people in conversations and ask them questions about their experiences. We need to assume their experiences aren’t the same as ours.
 - Ask:
 - Check in with young people and share information you learn
 - If you have more questions for Vanessa Epp at vepp@adler.edu

5. Connection Café – Breakout Rooms:

10 Minutes

- *Conversation Starter: “What are you doing personally and/or professionally to promote anti-bullying for children and youth, recognizing Pink Shirt Day on February 23rd, 2022.”*

Break ————— **10 minutes**

6. Subcommittee Reports

5 minutes

- **Primary Prevention – Levi Bailey, Chilliwack Youth Health Center (CYHC), UFV BSW Practicum Student**
 - E-mailed out letters of inquiry to various ministers on what are they doing about the public health emergency that is child proofing porn.
 - Reached out to media outlets and there is interest in doing stories on the topic
 - Working on providing a letter of support on Bill S-210 By Senator Miville-Dechene
 - Facilitating a survey that is intended to gather basic feedback from youth (13 - 19) about their perception of online pornography. Their answers will anonymous and confidential. Their answers will be quantified into statistics to include within a report that myself, Shelby, and Calli are writing for the CYHC. Feel free to check it out to get a better sense of the context!
 - Here is the link to the survey: <https://www.surveymonkey.com/r/L6Q53HW>
 - Contact Levi for questions at: Levi.bailey@student.ufv.ca
- **Early Years – Annette Williams, Chilliwack Learning Society (CLS) (Provided by email from Annette)**
 - The Strategic Action Plan brochure evaluation is complete.
 - Committee members are completing a Cultural Safety Self-Assessment tool survey.
 - The committee is suggesting Early Years presenters for the CYC Conversation.
- **Middle Years – Aileen Mathews, Chilliwack Society for Community Living (CSCL)**
 - Working on their Development Guide, support from a UFV practicum who is helping developing this resource.
 - Talking about networking opportunities for parent's connection.
 - Working on their CYC Conversation presenter ideas.
- **Youth Matters – Tara Cummings, YMCA**
 - Working on building numbers for Youth Matters. Even if you can't send an agency rep or stay the whole time you are still encouraged to attend.
 - Working on their CYC Conversation presenter ideas – if you have youth who want to be part of the event, they can connect with YM.
 - February 16th is their next meeting, there will be an interim meeting beforehand to work on the CYC Conversation. You can connect with Tara at: taracummings.chwk@gmail.com

7. CYC Collaborative Partners Updates

5-10 minutes

- **School District #33 – Brenda Point, District Principle for Indigenous Education**

- District Resource Team, for Middle and Senior Schools. Names are brought forward to this table when schools feel they have exhausted all resources to support the child and the team will work collaboratively to support the schools – with parent support. This is a problem-solving focus. These are tier three students. Difficult work, but work that needs to be done to support their students. Seeing a lot of Indigenous students. Some times it isn't about school but other needs the students need, ex mental health, etc.
- Tier one: Universal supports; Tier two: School based team and general problem solving at the school; Tier three: Schools are not able to support the student and the student is receiving targeted interventions. For all levels the SD is looking for outside agencies to connect the students to.
- Memiyelhtel: Concerns about middle school youth who were disengaged from schools. SD put an RFP out to the community with some criteria for the contract to follow. This program has been a significant support to the SD. Students who get onto the caseload are supported until they graduate from school.

8. CYC Updates

15 minutes

- EDRD Feedback Presentation: Helma Kardux
 - See attached presentation and report
- Future EDRD Session: Shelby Fink
 - NLC, March 9th from 9:30am-12:30pm
 - Eventbrite: <https://www.eventbrite.ca/e/every-door-is-the-right-door-tickets-250638736207>
 - Limit of 35 people due to COVID
 - For questions, connect with: Shelby at shelbyfink@student.ufv.ca
- CYC Conversation Planning
 - CYC Conversation set for April 26th to 29th – Save the Date has been released. See attached
 - Request for presenters for April 27th and April 28th slot.
 - The CYC Conversation Planning Committee would like to invite all CYC agencies to consider submitting a request for presentation for the upcoming Annual Conversation. As the CYC is celebrating its 30th Anniversary, we want to showcase our amazing CYC member agencies and the fantastic work that you are doing.
 - We are looking at hosting 90-minute sessions for either service providers, parents, and/or community members. These sessions would look like:
 1. A single presenter filling that space with a complete presentation

2. A theme-based approach, where we'd have 4-5 presenters each sharing about their programs for about 10-15 minutes with time for questions & answers at the end. (Similar to how CHC hosts their monthly networking events)
 3. A theme-based approach, where we'd have 2-3 presenter each sharing about their programs for 20-25 minutes with time for questions and answers at the end.
- The sessions will be hosted on April 27th or 28th – either during the day or evening, depending on theme, target population, and interest.
 - If you'd be interested in presenting your agencies amazing work in any of the above options please reach out to Kate Healey directly and submit a request to present.

9. Updates: Agency Updates

10 Minutes

Annette Williams, Chilliwack Learning Society (provided via email) - StoryWalk at the Chilliwack Library is now complete, ballots will be drawn for prize winners this week. This was a Family Month activity in collaboration with the library. A webinar will be held on March 9th for people who want to learn to prepare their own tax returns. A current tax return is required to access government benefits such as COVID relief. Open to everyone 19+. [Flyer](#) Register [here](#).

Carin Bondar, Chilliwack School Board- Just approved the first reading of the school budget. Discussions around vaccine mandates at a provincial level, but no changes at this time. SD has increased funding for awards because of the lack of events this last year (approx. \$6,000) to be available for Chilliwack students

Corinna Landsberger, Family Smart- Two upcoming presentations. See attached poster for more information.

Kate Healey- Director CSS – Kate is taking maternity leave in the summer and Dan Bibby will be covering the CYC Co-Chair role for May and June. Kate will be back mid-August. Kaleigh Roberts is the new Youth Services Coordinator, as Nikki has moved into the new Director of Early Years, Family Services, and Therapy

Tara Cummings- YMCA – The YMCA is open again! Youth Beats Employment program is starting February 7th and there are still spaces available. Ages 17 to 29, who are struggling with mental health challenges, are not working or going to school. Connect with the program through the Eventbrite: youthbeatfraservalley.eventbrite.ca

Yves Trudel, UWBC – Hiring for a Community Engagement Specialist in Fraser Valley.

https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=e394d57c-e44f-4cce-9a86-72d5801535d2&cclId=19000101_000001&jobId=437863&lang=en_CA&source=CC4

Next Meeting March 1st, 9-11am

Location – Zoom

Presenter: Chilliwack Learning Society