

CYC Monthly Meeting, via Zoom
October 5th, 2021, 9:00 am – 11:00 am

Co-Chairs: Dan Bibby (for Kate Healey) and Kelly Guiaya

Recorder: Kelly Guiaya

Annette Williams	Chilliwack Learning Society	literacyoutreach@chilliwacklearning.com
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Cheryl Elderton	Pivot Point	cherelderton@gmail.com
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Cristal Biela	Fraser Health	cristal.biela@fraserhealth.ca
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Tracey Bann	CYSN	Tracey.bann@gov.bc.ca
Tracy Jajcaj	UFV Practicum Student, CYHC	tracy.jajcaj@student.ufv.ca

Regrets:

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Brenda Point	School District 33	brenda_point@sd33.bc.ca
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1. Welcome and Land Acknowledgment

- **Cristal Biela, Fraser Health-** Shared a personal introduction and land acknowledgement as well as a beautiful video on gratitude.
Link: <https://www.youtube.com/watch?v=cpkEvBtyL7M>

2. Review and Approval Meeting Agenda

- Agenda Approved

3. Approval of September 14th, 2021, Minutes

- Minutes Approved with 1 edit made to a member's name.

4. Program Presentation: Community Health Specialist, ACES

- **Cristal Biela, Fraser Health- Slide Deck Attached to Minutes**
 - Introduced the various community health specialists in the East Fraser
 - Explained what ACES are and why it is important to know about them
 - ACES impact health conditions as an adult
 - ACES are preventable
 - Requires a life course approach and break the cycle of intergenerational trauma
 - Explained various levels of prevention- focusing on primordial and primary preventions
 - Explained her role as an ACES Community Health Specialist
 - Work is aligned with CYC's goals- especially becoming a trauma informed community
 - HOPE- Health Outcomes from Positive Experiences
 - Need to provide our children with positive childhood experiences
 - How can we work together? Shared another video. Link:
<https://www.youtube.com/watch?v=lipVaPKnjRk&t=23>
 - The focus is on how do we build resilience in our community?
 - Questions about how COVID contributes to toxic stress for children and how teachers can get information regarding possible ACES of students to support them.
 - Fraser Health doesn't advocate screening the general population across the board
More about raising an awareness of them.
 - Cristal will share links to videos and slide deck to be included with minutes

5. Connection Café: Breakout Rooms

- Conversation Starter: *"What's a tip you can share to help manage your mental wellness during COVID?"*

Break ————— 10 minutes

6. Subcommittee Reports

- **Primary Prevention** – Jennifer Hawkins, Fraser Health- no report available
- **Early Years** – Annette Williams, Chilliwack Learning Society
Draft strategic plan revision presented at September meeting. The October 14th meeting will be open to organization leaders. There are 3 meetings a year where the leaders come. Primary highlights reviewed and truth and reconciliation work to be included.
- **Middle Years** – Aileen Mathews, CSCL – Nikki D. gave report. She is stepping down as chair of this committee and Aileen, with the support of Dan B., will take over the chairing of that committee. The Middle Years survey was mentioned where a lot of caregiver feedback was received. Information and strategies will be shared down the line. Dan B. also identified that the Middle Years survey was completed in 2019 and a virtual forum on middle years was held

last Fall. The committee is putting together a strategic plan for next year. October 13th is the next scheduled meeting.

- **Youth Matters** – Tara Cummings, YMCA & Haley Hodgkinson, CCS – First meeting was on Sept. 29th. Did a doodle poll for scheduling committee meetings for the year and meetings will continue to be on the 3rd Wednesday of the month. The next meeting is on Oct 20th. The committee is starting to talk about ideas for projects this year. There is a desire to connect some initiatives with BC Youth Week. Next month there will be an update on the youth advisory committee. Please join Youth Matters if interested. Youth Matters is meeting Wed Oct 20 9am-10:30am on Zoom. If interested connect with Tara at taracummings.chwk@gmail.com.

7. CYC Collaborative Partners Updates:

- **EDRD-** Tracy Jajcaj., UFV Social Service Worker Diploma practicum student at the Chilliwack Youth Health Centre gave an update about the upcoming EDRD training. It is happening on Wednesday October 27th, Alumni Hall, NLC, in person. If things change with COVID plans will be made to conduct the training online. The training is being facilitated by UFV School of Social Work and Human Services practicum students Helma K., Gina J., and Tracy J.
- **School District #33-** Brenda Point and Brenda Calendino- No update for today. Brenda P. will provide update at the next meeting. Rob Lees has reached out and so have some other partners about how they can work in partnership with the school district. Looking for school district representation to sit on the middle years committee. Will be reaching out to partners in the months ahead. Safe and Inclusive Teacher leads have been very busy supporting children and families. Hired a children and youth in care support teacher (.5), start date Oct. 20th. Want to make sure kids in care have the supports they need.

8. Agency Updates:

- **Annette W., Chilliwack Learning Society-** The Financial Literacy Committee is hosting a webinar on Zoom for people with disabilities, their families/caregivers and service providers, on the topics of fraud prevention and managing their money. Date: October 18th. <https://www.eventbrite.ca/e/free-fraud-prevention-budgeting-and-expenses-webinar-tickets-172196212507>. New books are available to give to children and youth ages 5-13. Books must end up owned by the recipient rather than in program supplies. Contact literacyoutreach@chilliwacklearning.com to request and contactless pickup arrangements. StoryWalks supplies are available on loan to organizations that might want to post them on site. Contact literacyoutreach@chilliwacklearning.com if you want to post a story in your hallways or grounds. Financial Literacy presentations/workshops are available for organizations and their clients. They're tailored to suit the attendee preferences. Contact financialliteracy@chilliwacklearning.com.
- **Cristal B., Fraser Health-** No additional updates.
- **Cindy P., YMCA-** In between groups right now, Youth Beat and Youth Employment programs are in recruitment, starting new groups in November; looking for youth who are

ages 17-30 and are precariously employed or unemployed and ready to work. Great outcomes and success stories from previous groups so looking forward to the next ones. If you know anyone who can benefit from the program, please contact Cindy or Tara.

- **Tara C., YMCA-** The facility is open. Programming Y Play for ages 0-6 is underused at this time. If you know of folks who have little ones who want to have a good time, please check out the program. YMCA is hiring; seeking lifeguards. YMCA Youth BEAT Employment program free for youth aged 17-29 learn more and register for an info session at <https://youthbeatfraservalley.eventbrite.ca>
YMCA of Greater Vancouver Careers link: <https://www.gv.ymca.ca/careers> seeking several positions in Chilliwack incl. lifeguards. <https://www.gv.ymca.ca/join-our-team>
- **Corinna L., Family Smart-** Last month has been busy. This month at our In the Know we are watching the second part of our Beyond Behaviors Series with Karen Peters. It will be on October 14th at 6:30pm, still online. Here is the link for registration <https://familysmart.ca/events/>
- **Nikki D., CCS Youth Recreation-** Still running, in person, smaller groups. Free Food Fun, cards for the youth with QR codes. Have them at schools. Afternoon adventures launching in a variety of schools around Chilliwack over the next few weeks. Youth support program and outreach are still running. Reach out to Nikki. Priority goes to MCFD and FVACFSS referrals but outreach available for all youth in community. Our hope currently is to have an in-person Xmas party.
- **Rob L., CYHC-** Also working on a project regarding employment and homelessness; could be an opportunity to partner and collaborate with the YMCA. Counsellors at the Tzeachten site are not being utilized as much as they could be. Services were moved to the Tzeachten sports field offices and recently moved to Vedder Elementary, Tuesdays 3pm-6pm. Many people don't know that counsellors available there for youth 12-26 years of age. Dan B. shared that CYHC is one of the 6 community programs chosen for a national initiative focused on improving integrated care for youth. Oct 13 is the next integrated care assessment prototype focus group. It is a national project that the CYHC is a part of that will help to develop and showcase our program.
- **Marinel K., UFV CHASI-** Opportunities to collaborate with CYHC. Lead Researcher on Chilliwack Channeling Youth Voices, UFV, CCS, Cyrus Centre. Participatory Action Research, guided and informed by youth leads who have lived experience with topics being talked about, covering experiences and survival strategies. It is for youth ages 19-26, Asking questions about what it was like during COVID? More information can be found on the Chilliwack Channeling Youth Voices Facebook Page. Engaging 40 youth. Looking for more interviews. Wrapping up data collection by the end of October. Creating a platform, we want to continue. Looking to engage with youth that are harder to reach who don't normally engage. Reflection series, entries from youth that get to their daily life. Contact Marinel directly. The last focus group is happening this Friday and the topic being discussed is death of a significant figure.
- **Tracy Bann, CYSN-** No updates on CYSN framework yet.
- **Donna S., Gambling Support BC-** Presentation and workshops on gambling and social media, video gaming and screens, health promotion, all no cost, just need a group and a

place. She has a story walk also on-screen use. Available to aid in the discussion and give free swag. Rock solid training, wilderness-based learning program, student transitioning from intermediate to high school, using circle of courage and different life skills. Could be used for all ages. Please contact Donna for more information.

- **Jaylene B., Ann Davis Transition Society-** Children and Youth programs have started to run. PEACE Program has begun. New male counsellor named Justin **Vanwinkoop** (sp?).
- **Carin B., School Board-** Chaos and uncertainty currently. Many concerned teachers, staff, and parents considering the new health measures, masks, K-3 masking. The Board is treading water right now. Wanting to keep kids in school as much as possible. Still in service although we are still temporarily out in Promontory. Keeping an eye on some other spots. Promontory back on-site next week.
- **Kelly G., UFV School of Social Work and Human Services-** Winter 2022 practicum students. Thanked agencies who are currently hosting students this Fall 2021 and encouraged those interested in hosting students for Winter 2022 to contact Kelly.
- **Dan B., CSCL-** no program update. Dan and Aileen doing PowerPoint presentation at next month's CYC. It is going to be action packed so don't miss it.

Mandy McMahon, MSA Society for Community Living- asked for information to be shared with CYC. Please see attached poster. We are hosting our very first fundraiser for one of our amazing programs. Our Family Support Program advocates and supports individuals and families through the complexities of living with developmental disabilities. MSA Society for Community Living (Jackie Ayer is our new Executive Director) supports persons with developmental disabilities through a variety of programs including Community Inclusion, Community Housing, Life Skills, and our new Resource Home. For the first time ever, we are raising funds and have a Virtual Gala dinner on Friday 5th 6pm. We are hoping people will join us on the evening, we have two tiers of tickets on offer: Free ticket - allows you to go online enjoy the event, donate, and bid on our silent auction items, VIP ticket \$60.00 - for this you would receive a bottle of wine, a gift card for a local restaurant, and table decorations (within local area this will be shipped out). We will have a silent auction and options to donate during the event. The highlight of our evening is a Production written and directed by our talented team member Amanda and performed by our cast of MSA persons served '**The Dragon of Abby**' will be a fun and exciting play and the evening will also feature key note speeches from some of our families supported through our program. Jackie will be our host for the event. For more information contact Mandy at Mandy.mcmahon@msasociety.com 236 887 0297

Next Meeting November 2nd, 9-11am

Location – Zoom