

CYC Monthly Meeting, via Zoom

September 14th, 2021 9:00 am – 11:00 am

Co-Chairs: Kate Healey and Kelly Guiaya

Recorder: Kate Healey

Angela Rieberger	Chilliwack Central Elementary Community School Society	ccecss@gmail.com
Anna Dos Santos	Chilliwack Community Services	dossantosa@comserv.bc.ca
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Carin Bondar	School District 33, Board Trustee	carin_bondar@sd33.bc.ca
Corinna Landsberger	Family Smart	corinna.landsberger@familysmart.ca
Corinne Vooyo	Chilliwack Learning Society	volunteertutors@chilliwacklearning.com
Diane Braun	Child Care Resource and Referral	braund@comserv.bc.ca
Donna Simon	BC Responsible Gambling	donnassolutions2016@gmail.com
Helma Kardux	CYHC – UFV MSW Practicum Student	Wilhelmina.Kardux@student.ufv.ca
Jaylene Blaine	Ann Davis Transition Society	JBlaine@anndavis.org
Kate Healey	CCS Youth Services	healeyk@comserv.bc.ca
Katrina Ovens	PCRS – Traverse	kovens@pcrs.ca
Kelly Guiaya	UFV	Kelly.guiaya@ufv.ca
Ken Neufeld	Youth Unlimited	ken@youthunlimited.com
Mallory Tomlinson	Chilliwack Pride	jmmltom@telus.net
Marinel Kniseley	UFV CHASI	Marinel.Kniseley@ufv.ca
Mark Klassen	NLC	Mark_klassen@sd33.bc.ca
Margaret Reid	CCFC	chilliwackcitizensforchange@gmail.com
Robbyn Bennette	UFV	Robbyn.bennette@ufv.ca
Rob Lees	CYMH	Robert.Lees@gov.bc.ca
Sukaina Rehmtulla	Chilliwack Community Services	rehmtullas@comserv.bc.ca
Sunita Lakhanpal	Sardis Library	sunita.lakhanpal@fvrl.bc.ca
Tara Cummings	YMCA Volunteer	taracummings.chwk@gmail.com
Trevor Weins	Cyrus Centre	trevor@cyruscentre.com
Yves Trudel	United Way of British Columbia	yvest@uwbc.ca
Wendy Bruzzese	FVDCDC	wbruzzese@fvcdc.org

Regrets:

Annette Williams	Chilliwack Learning Society	literacyoutreach@chilliwacklearning.com
Ann Hagel	FVACFSS	Ann.hagel@gov.bc.ca
Brenda Point	School District 33	brenda_point@sd33.bc.ca
Candace Craigen	Big Brothers Big Sisters of the Fraser Valley	Candace.Craigen@bigbrothersbigsisters.ca
Carol Marleau	City of Chilliwack	marleau@chilliwack.com
Crystal Salter	Fraser Health	Crystal.salter@fraserhealth.ca

Cynthia Parasiliti	YMCA	cindy.parasiliti@gv.ymca.ca
Danielle Edmondson	Fraser Valley Child Development Centre	dedmondson@fvcdc.org
Dan Bibby	Chilliwack Society for Community Living	dan.bibby@cscl.org
Doris Marko	MSDPR	Doris.Marko@gov.bc.ca
Jacqueline Luna	Chilliwack Community Services	lunaj@comserv.bc.ca
Janit Doyle	East Fraser Aboriginal CYMH	Janit.doyle@gov.bc.ca
Jannette Loosdrecht	City Live: Afternoon Adventures	jannette@citylifecentre.ca
Jennifer Cowden	United Way of the Lower Mainland	jenniferc@uwlm.ca
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
Kristin Hall	Wilma's Transition House	Kristin.hall@wilmasth.org
Michael Keough	MCFD Child & Youth Mental Health (CYMH)	Michael.Keough@gov.bc.ca
Natasha Herrick	Fraser Valley Brain Injury Association	elliott.herrick@gmail.com
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Steven Esau	PCRS	sesua@pcrs.ca
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Tracey Bann	CYSN	Tracey.bann@gov.bc.ca
Wanda Smith	MCFD	Wanda.i.smith@gov.bc.ca

1. Welcome and Land Acknowledgment 10 minutes
 - Cathy Preibisch, School District #33
2. Review and Approve Agenda – Approved
3. Approval of June 1, 2021 Minutes – Approved 5 minutes

Welcome Back!

4. Program Presentation: SD #33 Mental Health Team 20 minutes
 - Brenda Calendino and Cathy Preibisch, School District #33

- See attached presentation
- This is the team's 4th year, part of the district's mental health strategy
- The Mental Health Team is about weaving compassion into the school system. About providing the schools with the support they need to build mental health into their schools.
- Regional and Provincial partnerships: SOGI 123, POPFASD, Safer Schools Together, Ministry of Education, Erase
- Over the years they have facilitated many learning opportunities – provide 15 to 30 mins on a topic. They do 'sound bites' that are tailored to what the school needs. After-school Collab. once a week, provide a lunch and learn, take advantage of pro-d days – have had to adjust their learning styles over the last year for Covid
- Focus on a variety of topics: Social Emotional Learning, Trauma-Informed → all for the goal of building mental health wellness.
- Have had mental health during Covid 19 – focusing on how to support students through the pandemic, a trauma-informed return to school, working with staff to understand self-regulation and co-regulation. In May and June of 2021, they focused on how to support students to work towards closure with the school year wrapping up.
- Worked with 16 schools last school year to focus on a Compassionate Return to School in September 2021 – trauma-informed focus
- Provided grants to individual schools to run a video series called "Coping with COVID Modules" – had 235 staff participates, from 17 different sites. Focused on staff to increase their well being to enhance the students experience.
- Safe, Caring, and Inclusive School Leads – meet regularly with these leads to discuss what a safe, caring, and inclusive school should look like. Talked about modeling Social Emotional Learning. Focused on the SOGI 123 resource guide, looking at how this guide can be helpful in individual schools.
 - School Grants provided to 14 schools through the Safe, Caring, and Inclusive School Leads, allowed schools to purchase resources (Strong Kids, books to support EASE), allowed schools to create safe spaces, and to support LGBTQ2S+ youth.
- The Path Ahead: 3 Coordinators
 - Continuing on what they are doing, and incorporating a new resource "Key Principles and Strategies for K-12 Mental Health Promotion in Schools". Four key

principles: 1. Cultural Responsiveness and Humility; 2. Proportionate Responded and Supports; 3. Trauma Informed Practices; 4. Strengths Based Approaches

- Want to build capacity and build resources inside schools. This is an online resource available to anyone.

- Contact: Mentalhealthteam@sd33.bc.ca
 - If you'd like to share at an afternoon learning series please connect with the team! If you'd like to attend an afternoon learning series, reach out to the team as you are welcome!

5. CYC Presentation: CYC Meeting Survey Results & Planning Location for Future Meetings

15 Minutes

- See attached presentation
 - Continue online for now – potentially look at moving to in-person in the future, where an agency with a larger boardroom can host CYC meetings.
 - Suggestions for trying a hybrid, in person with attendees joining via Zoom – Tara Cummings will share resources.

Break ————— 10 minutes

6. Planning Discussion:

5 Minutes

- EDRD 2021 – Approved, to be facilitated by UFV MSW Practicum student Helma Kardux
- CYC Conversation 2022
 - Tara C: This could be a great morale booster – plan for a virtual event and possibly with an in-person element if allowed. Look at presenters that might not be able to make an in- person event but who could do virtual.
 - Kate H: Follow up with CCRR about their virtual resources for online conferences.
 - Wendy B: Interested in an online conference and will support the planning.
 - Angela: Has attended 3-4 online conferences, supportive of online.
 - Will put a call out to CYC members to be part of the committee

7. Subcommittee Reports

5 minutes

- Primary Prevention – Jennifer Hawkins, Fraser Health
 - No member in attendance
- Early Years – Annette Williams, Chilliwack Learning Society
 - The last meeting was June 10th, the next one will be September 16th.
 - The committee will incorporate Truth & Reconciliation learning into the meetings, with a focus on the early years.
 - The strategic plan will be updated; work has begun It will focus on key areas that address data and needs, rather than a list of specific activities, incorporating the Early Development Instrument results.
 - There will be two committees. One will consist of leadership, which will consist primarily of people who oversee their organizations' budgeting and strategic plans, the other consisting of people who work directly with clients and the community. There will be some crossover between the two committees. Meetings will still occur monthly, one or the other committee meeting each month.
- Middle Years – In Need of Chair
 - Still need a chair, encouraging agencies to step into the role
- Youth Matters – Tara Cummings, YMCA
 - Tara will be sending out a Doodle Poll to find a new meeting time
 - Haley H from CCS/YAC is the co-chair for Youth Matters this year
 - Able to take on new members, contact Tara if you're interested at taracummings.chwk@gmail.com

8. Updates: Agency Updates

50 Minutes

- **Pivot Point:** Would like to share the links to both our websites that could be shared with other partners if they would like to view who we are and what we do as an organization to support all those we serve across the province, including the over 100 families we support locally in Chilliwack. pivotpoint.ca learningcentres.pivotpoint.ca
- **Anna D., CCS:** An open invitation again for all stakeholders to participate in talks around how the Child and Youth Advocacy Centre in Chilliwack can operate in the region. Contact me at dossantosA@comserv.bc.ca
- **Angela R., Chilliwack Central Community School:** Strong Start, Downtown Family Place, Pivot Point. Has a practicum student working with them from UFV.
- **Brandi C., CYHC:** Free medical and counseling services for youth ages 12-26. Has new practicum students started this week! Rolling out new support groups this month, running out of the NLC. Best place to find updated information is their social media.
www.chilliwackyhc.com, CYHC on Facebook, chilliwackyouthhealthcentre on Instagram, Centre email chilliwackyhc@gmail.com

- **Carin B., SD #33:** A couple of learning sessions with the board, implementing the new strategic plan – revised the language from the previous strategic plan. Mental Health is a priority for Carin!
- **Corinna L., Family Smart:** Recently changed their name to Parent Support Worker. Gearing up for their Fall series “In the Know”, with Karen Peters. Have a discussion with the parents after the movie to support them and connect them.
- **Corinne V., CLS:** Annette and Corrine will be doing shared attendance. Corinne oversees the volunteer tutoring program, 19 and up individuals can volunteers. Starting up again in September, trying to support learners where they are at.
- **Cristal B., Fraser Health:** A new community health specialist focused on ACES. Is excited to be here and you can reach her at cristal.biela@fraserhealth.ca
- **Diane B., CCS:** CCRR – helps parents apply for the affordable childcare benefit, find a child care provider. Just released their fall professional development for Child Care Providers. Significant child care provider limitation in Chilliwack. Contact braund@comserv.bc.ca for more information.
- **Donna S., Gambling Supports BC:** Program provides education awareness of gambling, from a natural point of view and keeps it fun. Provided 3 weeks of kids camps over the summer focused on Metis cultural teachings. Has community grants available, connect with Donna directly. Gambling Supports BC 250-574-2806 or 1-855-574-2806 email donnassolutions2016@gmail.com web donnassolutions.com all services are at no cost
- **Jaylene B., ADTS:** Over the summer ran the STAR program, was full over the entire summer and it went well. Going to be running the Child in Between portion soon, parent portion in September and children portion is in early October. Running their Peace Program mid-November which is for children who witness family/domestic violence.
- **Katrina O., PCRS:** Traverse is a residential treatment centre for youth ages 13-18 years of age. Have been open for 1 year now! Youth can be in the program up to 6 months, large focus on recreation. School is supported while they are there. You can reach Katrina directly at kovens@pcrs.ca -Traverse (PCRS)
- **Marinel K., UFV CHASI:** The lead on Channeling Youth Voices (ages 19-26), busy over the summer hosting focus groups with youth for this project. Topics are focused on are: mental health, loss of a significant figure, incarceration. This week’s focus group is on incarceration, not a topic covered very often. Each focus group has been really illuminating. Trying to recruit youth who don’t usually show up to these opportunities to give them a voice. If you have any

youth who might be interested in connecting, please have them connect with the social media page or Marinel directly. Hoping to present to the CYC on the results in the future.

- **Robbyn B., Director of Counseling and Student Services at UFV:** Welcomes students back yesterday, good energy. Majority of classes are online (70% in person & 30% online). Rolling out all their services for students. UFV received a grant to implement the mental health standards of Canada, rolling out a coordinated process. Working on incorporating increased resources for students and increasing facilities skills to support students with their mental health.
- **Sukaina R., CCS Immigrant Services:** Welcomed their students back yesterday!
- **Sunita L., Sardis Library:** FVRL are not required to check vaccination passports. People can print their vaccination passport for free at the library. Running most programs online still.
- **Tara C., YMCA:** Been virtual since March 2020, has helped reduce transportation barriers and increased their range for who can access the program. Are able to help youth who may have technology barriers, the program will likely stay virtual for the entire year. Tara can be reached directly at tara.cummings@gv.ymca.ca The YMCA is now open to the public, you do need to provide proof of vaccination. The children programming has been reopened, for ages 0-6 and have daily capacity to provide services. YMCA website gv.ymca.ca - YMCA Youth BEAT employment program for youth ages 17-29 experiencing mental health challenges.
- **Kate H., CCS:** Summer recreation program went well, launching our Fall recreation programs now! Check out our social media: Facebook/Instagram: [ccsyouthrec](https://www.facebook.com/ccsyouthrec) e-mail: youthrec@comserv.bc.ca for more information
- **Kelly G., UFV SWHS:** Practicum students have just started this month and Kelly is working on getting students placed for January. If you are interested in hosting a student please connect with Kelly directly!

Next Meeting October 5th, 9-11am

Location – Zoom