



**February 2, 2016
Neighbourhood Learning Centre**

**Co-chairs: Dan Bibby
Nathan Ngieng**

Recorder: Karen Steegstra

Present:

Briann Gillies	UFV – 3rd Year BSW	Brianngillies@hotmail.com
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Wayne Green	United Way	wayne@uwfv.bc.ca
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Regrets:

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1. Welcome and Introductions.

2. Review of minutes. January minutes will be posted to the website.

3. START Program (Short Term Risk Assessment Treatment)- Mary-Anna Enis – Fraser Health

Formerly known as the Child and Youth Crisis Program. While the program were in contact with children/youth in crisis in emergency, found it harder to reach youth in community. The last 2 years are no longer in emergency and instead do crisis work in the community. Chilliwack has the second largest referral. Staff will come to schools, doctors offices, wherever needed. Office is located in Abbotsford. Youth and families are able to refer directly – professional referrals are appreciated. Serve youth ages 12-18 who are in a mental health crisis. Urgent referrals only. Call START before going to the emergency unless there are immediate concerns. Can provide rapid assessments and referrals to a psychiatrist. Call when see change in behaviour in past 2 weeks, suicidal ideation, self-harm. Will offer telephone support, mental health assessment, crisis stabilization, short term therapy, psychiatry, professional consultation, community education. Are available Monday – Friday, 9am-9pm; 604.557.2095; 1.888.413.9181.

Are currently receiving 30-40 calls from Chilliwack per month. It is much better to give an assessment away from emergency. Many families end up in ER because they don't know where else to go. Not a crisis line for emotional support; other services for this.

4. Acknowledgement of Briann Gillies as the recipient of the award recognizing youth in care who have made meaningful contributions to their community. Collette read the nomination letter that was put together by community partners highlighting the many ways Briann had volunteered and initiated ways to support our community.

5. Learning to Lead – Danny Gray

Discover value when spending time with youth. The program is supported by a 5 year grant provided by National Crime Prevention. The program's mandate is to reduce



negative behaviours. Use the Leadership Resiliency Model. It is not a treatment program but rather a program that works with youth “on the fence”. United Way has also provided funding to support the school based aspect of the program. Learning to Lead consists of weekly resiliency groups, monthly service projects and monthly adventure activities that teach healthy risk and being supported by others. Have volunteered at Waverly Place for seniors, done river clean-up and volunteered with the SPCA.

Referrals can come from school counsellors. Youth participate for 2 years and then have opportunity to become a mentor.

6. Website Update

Members were asked feedback in regards to childandyouth.com. Work will be done to update the website and make it mobile friendly. Conversation budget will include a line to support the website. Members are encouraged to ensure information is accurate and up to date.

7. VYPER Report – Stacy Wood

This program is supported by a Health Canada grant with the purpose to delay, prevent and reduce substance abuse. Area facilitator contracts end in June. The mandate was to influence the way agencies, communities and adults relate to youth. Youth can be part of decision making and part of meetings. It's about building resiliency in youth and young adults. The 6 month contract of a Youth Adult Partnership Facilitator resulted in VOYCE and the youth lead workshop "Youth Speak Up". The youth developed a Vision and Mission statement for Chilliwack, impacting all youth. Question of how to make it sustainable in Chilliwack. VOYCE highlighted youth skills and helped build a connection to community. Boosting youth confidence means stronger adults. Sustainable funding is required.

Members suggested creating a budget for the position so agencies could see if funds available in their budgets'

8. Regional CYC Action Plan

Looking at identified needs and gaps through a regional lens. Have divided actions around Early Years, Middle Years and Youth. Karen will email out action plan for members to review and offer feedback.

9. Agency Open Houses



Feb. 4 – MCFD

March 9 – CSCL

March 16 – Ann Davis

April – FVACFSS

May – CCS

June – Gateway

10. Conversation Update

Karen took members through the May 6 draft program. Nathan and Karen spoke about the conference call with keynote Mike McKay. The May 5 presentation will include keynote having dinner with students from the human learning program. The students will host and help promote Thursday evening event. Dan indicated that the budget will be about \$7000 and letters will be distributed to agencies requesting support.

11. Chilliwack Local Action Team, Child and Youth Mental Health and Substance Use Collaborative

Training

- Feb 2, Proactive Care Planning for Patients with Mental Illness: Ulysses Agreements and Wellness Recovery Plans: So far 40 physicians and service providers are registered. Free event, show up tonight even if you have not registered but are interested! What the heck is a Ulysses Agreement? A voluntary process that is used by a person that has a mental illness or mental health concern. The plan outlines to others what they should and should not do to support the children and the parent(s). It also allows the parent to plan how their children will be cared for should they relapse and be temporally unable to care for their children. The wellness part of the plan uses components of the Wellness Recovery Plan (WRAP) and outlines what a person does every day to be the healthiest they can be.
- Ongoing, Indigenous Cultural Safety, PHSA – An 8-week online training course that takes 1-1.5hrs/wk. The Chilliwack LAT will cover the cost (\$250), you need to provide your time and be opening and ready to learn. Great opportunity available if you connect with Katrina, kbepple@divisionsbc.ca, before March 31!! <http://www.sanyas.ca/training/british-columbia/core-ics-mental-health>

Events

- Facing-off with Mental Health Awareness – We are engaging multiple youth (texting works!), two at the LAT, and others that support/guide the working groups. An exciting opportunity that came about because of youth involvement is a partnership with the Chilliwack Chiefs (BCHL) and Canadian Mental Health Association to host a Mental Health Awareness Game Night. Youth filmed a video with players and coaches, and service providers in our community. It raises



awareness and highlight services that are available for youth. Local, regional, and provincial agencies that provide mental health and substance use services hosted booths at the game. The charity receiving the proceeds of the game that night, the Fraser Valley Health Care Foundation, has agreed that the proceeds will go to mental health in our community. Where it will go is TBD!

- **Mental Health Awareness week (May 2-8) – we are looking to partner with any and all organizations that are doing something around mental health. We have received funding from FHA and FNHA to bring Beneath the Surface to Chilliwack which focuses on suicide prevention and youth education. Beneath the Surface is a play that was written by an aboriginal playwright and features an aboriginal cast, the message is universal. The play is preceded by youth workshops and addresses issues surrounding suicide. Cast members lead the pre-performance workshops introducing the topic of suicide and other problems experienced by youth. They focus on the mental, physical, spiritual, and emotional elements of personal well-being. Our goal is to bring the ‘Residency Package’ to Chilliwack which includes four youth workshops (max 50 youth at each workshop), two matinees (for youth), and one evening public performance.**

12. Chilliwack Youth Health Centre

- **Physician services are expanding to the NLC in mid-Feb (tentative launch is Feb 16). The NLC will have a family doctor and pediatrician on site from 3-6pm, and counsellors on site from 1-7pm. There is also MCFD Child and Youth Mental Health intake on site at the NLC from 5-7pm**
- **The Sto:lo Community Health Centre site has a family doctor and counsellors every Tuesday from 2-5pm, and as of March a Child Psychiatrist (Dr. Sodipo) every other Tuesday from 2-5pm. A meeting in February with all of the providers will outline who is able to see clients/patients for what, and what the referral processes are. We will get this information out through the CYC and CHC.**
- **Social media/online - New website, launching early March – www.chilliwackyhcc.com to enhance our online presence from just Facebook (www.facebook.com/chilliwackyhcc)**
- **Marketing - Developing a poster campaign, first in series is ‘Depression Sucks’, updating the brochure, and developing business cards**

13. Agency Highlights

MCFD – CYMH intake shift. Wednesdays 9-4; Tuesdays 5-7 at the Youth Health Clinic, NLC location.

VYPER – Roxanne George is now the area facilitator for Fraser East. Stacy will now be working on a regional scale.

Public Health – Youth prenatal clinics are being offered.



Division – Regarding serving the care needs of Syrian refugee families, are there things practitioners should know to best support them.

**Next Meeting, March 1
Neighbourhood Learning Centre**