



March 1, 2016
Neighbourhood Learning Centre

Co-chairs: Dan Bibby
Nathan Ngieng

Recorder: Karen Steegstra

Present:

Collette Bohach	Big Brothers Big Sisters	<u>collette.bohach@bigbrothersbigsisters.ca</u>
Damian Flemming	RCMP	Damian.fleming@rcmp-grc.gc.ca
Dan Bibby	MCFD	<u>Daniel.Bibby@gov.bc.ca</u>
Danielle Edmondson	FVDC	dedmondson@fvcdc.org
Darby Wilkinson	CCS	wilkinsond@comserv.bc.ca
Debbie Denault	CLS	<u>debbied@chilliwacklearning.com</u>
Julia McCaffery	FVACFSS	Julia.McCaffery@
Jutta Wykpis	Health Contact Centre	Jwypis@pcrs.ca
Karen Steegstra	CYC	<u>karen@childandyouth.com</u>
Kiran Sidhu	FVDC	ksidhu@fvcdc.org



Natalie Karam	CSCL	natalie.karam@cscl.org
Nathan Ngieng	SD #33	nathan_ngieng@sd33.bc.ca
Patti Macahonic	Ann Davis	patti@anndavis.org
Paul Mcmanus	School Board	Paul_mcmanus@sd33.bc.ca
Sabine Mendez	Chilliwack Healthier Community	coordinator@healthierchilliwack.ca
Sherry Sinclair	CCS	sinclairs@comserv.bc.ca
Sophie Smit	VYPER	Sophie@vyper.ca
Tara Cummings	YMCA	Tara.cummings@gv.ymca.ca
Todd Lueck	City Life	todd@citylifecentre.ca
Wayne Green	United Way	wayne@uwfv.bc.ca
Wendy Bruzzese	FVDC	w.bruzzese@fvcdc.org



Regrets:

Ruby Gidda	Public Health	ruby.gidda@fraserhealth.ca
Doris Marko	MSDI	Doris.Marko@gov.bc.ca
Duncan MacDonald	CYMH	<u>Duncan.Macdonald@gov.bc.ca</u>
Imraan Gazdar	Ann Davis	igazdar@anndavis.org
James Challman	CCS	<u>challmanj@comserv.bc.ca</u>
Jenna Nickle	YMCA	jenna.nickle@gv.ymca.ca
Jodi Lymburner	RCMP	<u>Jodi.lymburner@rcmp-grc.gc.ca</u>
Julie Unger	CSCL	<u>julie.unger@cscl.org</u>
Katrina Bepple	Division of Family Practice	<u>kbepple@divisionsbc.ca</u>
Kelly Guiaya	FVACFSS Xyolhemeylh	kelly.guiaya@gov.bc.ca
Ken Neufeld	Youth Unlimited	ken@youthunlimited.com
Ken Popove	City of Chilliwack	<u>popove@chilliwack.com</u>
Leah Froese	Cyrus	<u>leah@cyruscentre.com</u>
Leanna Kemp	Restorative Justice	Programdirector@restoringjustice.ca
Steve Esau	CAPS	SEsau@pcrs.ca
Tammy Webb	Ann Davis	twebb@anndavis.org



1. Welcome and Introductions.

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

3. Family Resource Programs/Family Place– Sherry Sinclair, Darby Wilkinson

For all caregivers raising children prenatal to 6 years of age. It is a place to practice parenting skills, as well as budgeting and cooking. Family-level challenges require family-level solutions. Programs and services that are designed to effect change in families and improve outcomes for children rely upon the active participation of one or both parents. Family resource programs have a long history of attracting and engaging parents of young children, including those that may be marginalized and distrustful of public systems. How services are offered is considered even more important than what form they take, since it is the relationship between family and practitioner which defines the outcomes. The program is around parental resilience, social connections and knowledge of optimal child development and community resources. The program provides emotional and social supports. Funding comes from Health Canada, MCFD, CCS fundraising, grants and donations.

Chilli Dad's will begin in April on Saturday mornings. Family Place

4. CALM – Kiran Sidhu

History – huge trend in children needing social and emotional support. Lot's of one on one support, however expensive and not working. Kiran explored other programs which had a social and emotional focus and found most only targeted 15% of the population. Took the best of these programs to create one program. Based on the work of Stuart Shanker, The desire was to combine research and theory to develop tools for educators. The CALM program is 10 weeks; currently working on a CALM 2 to be implemented after a break. All about creating motivated learners and having a program that works for people. Currently CALM is going through licensing and copyright.

5. Early Year's Report – Karen Steegstra

Strategic Plan

Priority #1 – Fostering Optimal Child Development

Outcomes – There is integrated, family – centred Early Childhood Collaborative Practice amongst agencies. Community has a better awareness of optimal child development.

Priority #2 – Increase Parenting Supports to Chilliwack Families

Outcomes – Families have increased confidence and knowledge in their parenting. Families have a better awareness of how to access services in the Community.



Recent research from SFU regarding poverty and child behaviour. Political activism in order to make a difference for families.

Ruby Gidda – Public Health – Early Years Portfolio

Early Childhood Development Expos

Spring and Fall Fairs at Cottonwood Mall

Have been focusing on the North Sardis Area since they had the highest increase of vulnerability.

The theme has been around the importance of play and kindergarten readiness.

All the agencies that participate have interactive booths – allows for conversations etc.

Parent Survey Results

My greatest concern for my child is

- anxiety, shyness
- behaviour / temper tantrums
- emotional regulation
- character development; To grow into a kind, caring, helpful, responsible adult
- more outside time
- speech
- the world
- health and happiness
- gross motor skills
- delayed receptive understanding
- social skills
- getting her back in the classroom
- Helping him learn in school
- Support for homeschooled children
- Sleeping and eating
- Social media and bullying
- Development and nutrition

. If you could take a parenting class what information would be most helpful for you?

- boundaries
- attachment
- early education
- dealing with boys



- how to teach child self-regulation
- sibling rivalry
- communication skills
- how to implement attachment parenting
- preparing to deal with school situations like bullying, peer pressure etc
- early childhood nutrition
- Constructive discipline
- Foods and eating
- Milestone information
- Patience Training
- How to manage not listening, too much TV and tantrums
- Positive discipline

Members who wished, were trained to facilitate Kids Have Stress Too workshops for parents.

Early Years Diagnostic Instrument

EDI Training
HELP EXPO
Resources

Success By 6 (Partnership of United Way, Credit Unions and MCFD)

Funder for community initiatives around Early Years
Access to resources

Social Marketing

Child Development Guide
Balloons and bags

Currently dreaming of a “Play with Me Learn With Me” project in relation to playboxes – would love to create signage for all parks and in particular the Rotary Trail – copy what has been done in Linden Washington

Parent 2 Parent Mentoring

Recognition that while many families do well while participating in programs, afterwards not so well
When there are parenting programs, if you have staff that can attend with participants hugely beneficial

Baby Friendly Initiative



Newest task group.

Encouraging the community to make establishments welcoming for parents with young babies. Focus on the benefits of breast feeding and also encouraging support for all families with young babies.

Dec.1 the task group did a presentation for City Council. A motion was made for all municipal staff to be educated on BFI

Will be doing a similar presentation for the March CHC networking event.

6. Early Year's Budget

Dan shared with members the 2014/15 as a sample of how Early Year's funds are distributed.

7. YAP Update

Members were given copies of the environmental scan of Middle Years and Youth focussed programs being offered by CYC agencies and asked to ensure information was correct. This will be included in the grant application to the City. YAP Job Description – intentionally mobilize youth to engage with adult decision makers. Make it a operational program with deliverables. Discussion with the City made it apparent that there was some lack of understanding in regards to youth services. Will create a description to define youth worker as compared to youth adult facilitator. Funding has been secured from CSCL and MCFD. It is requested that agencies see if they might have funding sources available to cover the costs of this part time position.

8. Primary Prevention

Looking at programs at the prevention level and which programs are universal. The committee is wanting to spearhead a city wide "Sleep Health" campaign. Currently in the school district it is noted that many students are sleep deprived as a result of gaming and consumption of energy drinks. Debbie suggested that sleep health could possibly be included in the "Fun Family Literacy" workshops.

9. Local Action Team

The Ministry of Education, Health and doctors came together as a response to the increased number of youth coming into emergency as a result of substance abuse. Recently 65 Local Action Teams were represented at a conference in Vancouver. Funding will available for 2 years with these 4 goals in mind:

1. enhancing the Youth Health Centre
2. Enhance Aboriginal competency through online training
3. Ulysses Agreement training – creating action plans while patient/client is healthy
4. Beneath the Surface – a play looking at suicide and how it effects those left behind. 4 workshops and matinees will be provided for youth as well as an evening performance for the community



A video was created and produced by youth in partnership with the Chilliwack Chiefs.

10. Youth Health Clinic

Medical component now available at the NLC. Dr. Madill has been instrumental in helping this initiative move forward. Currently an updated flyer is being worked on.

11. Conversation Update

Currently looking for CYC members who are willing to be hosts in the workshops. Have gotten a good response in regards to financial commitments for the event.

12. Every Door is the Right Door Open House

MCFD had 40 people in attendance and considered it a valuable event.

Next open house is March 16 at Ann Davis and April 27 at Chilliwack Society for Community Living.

13. Agency Updates

Cyrus Centre – Major fundraiser – “Coldest Night of the Year”; \$20,000 was raised. Daily drop-ins are up 20% and there have been 21 turn aways for emergency shelter.

Contact Centre – Restarted the substance affected group intended for those who have family members currently misusing substances. Youth counsellor position based north of the highway. Looking for Harm Reduction Coordinator.

School District – Currently a District Plan review. Large consultation around programs, facilities and reconfiguration.

VYPER – Project facilitator wrapping up and working on sustainability piece.

Chilliwack Learning Society – Link to Youth Literacy resource – Karen will send out. The “Read Aloud Literacy” event was positive. Did find that most people do not like to read out loud. Sparks, Brownies and Girl Guides will be holding a book drive.

RCMP – Currently doing “End Gang Life” presentations in schools.

FVACFSS – Wrapped up annual Family Forum. In March will be holding a Men’s Wellness gathering.

City Life – City wide Easter Egg drop at Exhibition Park. Inflatables and music.



CHC – Continuing to grow, currently 42 partners. Primary Care theme for March networking breakfast. April will be a mental health theme – looking for presenters.

CSCL – Hiring a new child and services manager. Promoting social capital; connecting youth with disabilities to other youth and programs.

YMCA – Vancouver has opened a Mental Wellness department. A youth mindfulness program around coping with anxiety. Next intake for Youth Works is March 29; first cohort was very successful. MEND program is currently underway.

United Way – Discover Books – working with 4 school districts to create lending libraries also restoring current lending libraries. Remaining books will go to Early Years programs.

Big Brothers – New staff member in Abbotsford to provide casework and administration support. Currently in heavy recruitment mode for mentors. Have been able to run 4 group programs.

MCFD – The new centralized reporting system has a number of issues that are currently being worked on.

Next Meeting, April 5
Neighbourhood Learning Centre