

# Oceanside Health and Wellness Network

Circle of Partners Minutes,  
June 17, 2021, 3:00-4:30 pm on Zoom

✓ Marlys Diamond (Perfect Storm Group, FORA, SPT)	✓ Elaine Young (SD 69)
✓ Gerry Herkel (FORA, CWG)	X Scott Harrison (QB Council)
✓ Susanna Newton (SOS, OTFH, SPT)	✓ Sharon Welch (Forward House)
✓ Jane Osborne (CRN)	X Natasha Dumont, Island Health*
✓ Joanna Salken, Island Health	✓ Jane Vinet (OHWN Coordinator)

## Welcome and Check-In and Territorial Acknowledgement

Gerry chaired the meeting and invited members to check-in and review of our draft territorial acknowledgement:

“We acknowledge that we work, live and play on the traditional unceded lands of the Coast Salish peoples and are grateful to our local First Nations, Snaw-naw-As and Qualicum for their careful stewardship of these precious lands and waters. We respect and acknowledge all Metis, Inuit and other Indigenous residents of Oceanside for their many contributions to the health of our community.”

Check-in

## Review and approval of Agenda

- Coordinator contract and funding renewal discussion
- Discussion of Indigenous work being undertaken by organizations to be deferred to July agenda.
- Task force on homelessness – Sharon

## Review of Minutes

Page 3 – OHWN structure update – change from “two of three” to “two of four”

Page 3– Change “Pass Woodlands” to “Pass Woodwinds”

Page 4- remove “old” from Boys and Girls Club

Page 4 – use children in place of “kids”

## Review of Open Action Items from May Meeting

- Elaine to meet with Jane and review cash vs. accrual budget and confirm what date we need to be using – Open - meeting set to discuss July 12th
- Marlys to share her report on Territorial Acknowledgements with the CoP – Open
- Jane O to share Reaching Out clip with CoP - Open
- Jane V to send list of Fall Convening Invitees to CoP for review and additions – Deferred
- Jane O to send Social Prescribing Information to CoP – Open
- Scott to send link to RDN ELCO Report to CoP - Open
- All members to forward value notes to Jane who will send out to the whole group before next meeting for everyone to review - Closed

### **Action Groups/Standing Reports – Highlights & Questions**

- Before this meeting, the reports from OSAG, CYWAG, RDN updates, and May Coordinator reports were circulated.

**Child & Youth Wellness Action Group (CYWAG)** – Gerry shared that he has advised the CYWAG at the last meeting that they will need to find someone other than Jane V to take the meeting notes at future meetings, Jane V will still participate, but due to limited hours, the CoP feels her time is best spent on other activities.

### **Coordinator Updates:**

- Jane gave an update on the RDN “Game Changer” she attended on behalf of OHWN. Lots of collaboration on working on the SDOH from a regional perspective, where, when it makes sense.
- The RDN is working on a Transit Redevelopment Strategy and asked survey (open until July 16<sup>th</sup>) be shared with their communities. <https://www.getinvolved.rdn.ca/trs>

### **Rescheduling of Convening:**

- Facilitator is willing to move to a fall convening
- The goal is to engage with peers and organizations that support mental health initiatives to plan the event. We are aiming to involve both Action Tables if they wish to participate.
- **Action Item:** Jane to recruit someone from the OSAG to participate in the Convening Planning Working Group
- Move the event to October as it is Mental Health Awareness month
- Friday, October 22<sup>nd</sup> is the date chosen for the event.
- Plan for an in-person event with Zoom as a backup plan.

### **Forward House – COVID 19 Update**

- Early on in COVID, Forward House went to phone-based services, but then moved to one-to-one appointments and then two-to-one appointments and reintroduced small groups by fall. In fall they reorganized again to adhere to public health guidelines. Clients reacted differently to the COVID restrictions– isolation, which is normally a mental health issue, became the norm for community. Services were adapted to reengage clients and we supported vaccination initiatives. We did check-ins with clients, acting more in a care-giving capacity. We had no staff loss due to COVID, minimal turnover, unrelated to COVID. Present day, we are still doing some person-to-person support, and checking in with folks, we used our grant funding to set up an online modality for people. There were issues with people learning to use the online system and us not being able to go into their homes to set them up meant simplifying the online access by moving some of our programs on to the Zoom platform, such as art and writing circles. We dropped off materials at clients’ home. With established clients, things were good.
- We pulled outreach services in the spring, but we had grant funding and support from VICCS and SOS which helped us support our Qualicum Beach clients. We connected to clients in front of their homes, and provided outreach support from our van, after losing our meeting space, including distributing hundreds of care packages. We opened a Nanoose satellite location, through the support of an Island Health Community Services grant. It was a slow start to the program, as people are concerned about personal contact, so we made an outreach line available on Monday, Wednesdays and Fridays.

- We collaborated with Nanoose Community Services, and they have been incredibly supportive. We did care packages and activity packages to support good mental health work at home for people in the community. This pilot will continue until the end of this year. Our mandate is mental health and addictions, and this year, we were able to really focus on getting our addiction recovery program going, through the support of a two very experienced recovery professionals, who have lived experience. Working along side our community advocate outreach worker, this program is seeing great success.
- We created an addiction recovery lending library for the community that has 100 books.
- Addiction professionals are very expensive, we have committed to funding this program for one year and we hope to get the funding to continue and grow this work, as our workers 27 hours are always fully booked. The program is totally client centred, based on client needs.
- Support groups are taking place weekly at Bayside on Tuesdays, and a pre-contemplative group on Wednesdays at Forward House, both are drop-in groups. Our recovery professionals are doing one-to-one coaching with 15 individuals, by connecting them to physicians, nurse practitioners, and support them in navigating mental health services, and support groups such as AA and NA. We provide education on differences between 12 step groups, smart recovery and lifeline. It is very exciting, and we think we are going to make a difference through this program. It is a challenge to collect funder stats, as people move through the program at different rates. We are also looking at starting an eating disorder group.
- There is no mandate or forced participation which makes us unique. We offer a lot of different programs. Meals are served six days a week. This is a dry site and people can not attend if they are intoxicated or high. So many people have come through COVID well. Through our recovery group we are starting to break through some of the barriers, such as the idea that we only support those in poverty. Our clients are encouraged to give back through the ACE program and the Long Crew program earn money that they bring back and put into our programs. People using Forward House to the fullest are doing well right now. It is the people who have not discovered or connected enough with us who are struggling. We are welcoming new clients and referrals are not required; it is an open-door process.
- Socially isolated seniors are invited to use the services. Programs are intergenerational and very responsive to people's needs and people learn to appreciate each other's interests, and programs are reviewed and scheduled each month. We are hoping to open up at St. Stephens in Qualicum Beach in September. Link to Foundry App <https://foundrybc.ca/get-support/apps-tools/>
- **Action Item:** Jane to ask OSAG to have Forward House do a presentation to our table.

### **Values and Guiding Principles Exercise**

- Finalized list of values and began writing guiding principles
- The group has chosen Collaboration, Belonging, Respect, Courage. The table asked for more input on the suggested values of equity and compassion from Jane O and Scott who submitted them, and we will ask for their input on the other four before finalizing.
- **Action Item:** Jane V to send values information to Jane O and Scott.

### **Strategic Planning Facilitator**

- Important to include specific action plans for our action groups, as part of our strategic plan. We struggle to recruit because we don't have something to recruit them too. We need input to get to the next stage, and we have a history of getting stuck. Outcomes will help us get support for funding. We have a proposal from Dyan Dunsmoor Farley

- **Action Item:** Jane V to send Dyan's proposal to CoP.
- Jane O joins the meeting
- Names suggested Signey and George Madden
- **Action Item:** Susanna has one contact who does board governance, and she will see if he also does strategic planning.

#### **Indigenous People's Day – June 21st**

- CBC does an evening of programming that people might be interested in.
- Jane O is doing a lot of wellness research and Indigenous frameworks.

#### **Homelessness Task Force Update – Sharon Welch**

- The Homelessness Task Force was invited to participate with the Town of Qualicum Beach, the City of Parksville and the RDN in a Strengthening Communities Grant for 1M.
- Christine Muise (OHearts) and Sharon wrote the grant proposal for a shelter with a recovery focus. Our current homeless shelter does not accommodate the needs of homeless people who do not wish to be with folks who are using substances. We are looking at mini-houses and container conversions and came up with a resource for mini-houses. There would be wrap around services, and housing for 10 people and one staff. It will be in Qualicum Beach, and we are researching appropriate sites. The rationale for a recovery focus is because it is easier to move people into housing who are not using. It will bring 1M into community, and as a nine-month project, it would be easier to get non-using folks into housing in a short time frame.
- If we can establish a recovery community, even if people move through and move out into other housing, they have made friendships and contacts, and they can be brought back in through the duration of the project to attend workshops and activities on site, and it is a great way to give folks a leg up to get into housing.
- **Action Item:** Jane V to connect Sharon with Vesa Atanasoff regarding tiny houses.

#### **Coordinator Contract and OHWN Funding Renewal**

- OHWN Coordinator contract is managed by the RDN. Jane's contract expires September 6th
- Sharon advised that in the past, OHWN presented to the RDN Directors, and Courtney used to facilitate that. Staff puts together a proposal, take it to the Directors, CoP presents to Directors and if approved by RDN, then funding request is sent to Island Health.
- Timing is important. The OHWN funding expires October 31<sup>st</sup>, 2021
- **Action Item:** Jane V to ask Analisa about process for contract renewal.
- The OHWN Admin Committee will be approaching RDN for funding.

#### **Next meeting:**

The next meeting will be on Thursday, July 15th. Elaine will lead the discussion  
There will be no CoP meeting in August.

#### **Suggested Agenda items:**

- Values and Guiding Principles Updates
- Strategic Planning Facilitator
- Organizational prioritizations and conversations about Indigenous voice and how to be inclusive.