



Health Matters Newsletter February 2, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research – How Can Primary Care Support People Who Use Substances? Learning From More Than 120 Providers and Peers
- Free on line upcoming webinars
- Cowichan Service Providers Network Meeting
- Volunteer Opportunity for BC Summer Games

I found this tiny valentine heart in the middle of a forest walk a couple of years ago. Could it symbolize taking care of yourself? Or Taking care of the forest? You pick.



Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **March 1, 4:30-6:30** CVRD Committee Room 2
- ✓ Next Our Cowichan Network Meeting at **March 8 TO BE DETERMINED** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** February 18, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** February 15, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **VIU Opioid Dialogue-** February 14 1:30 pm- 3:00 pm in Lecture Hall

Local Data and or Research-

**How Can Primary Care Support People Who Use Substances?
Learning From More Than 120 Providers and Peers**

In April 2016, the opioid overdose epidemic was declared a public health emergency by Provincial Health Officer Dr. Perry Kendall. There were [more than 1400 deaths by overdose in BC in 2017](#), with [1,208 occurring in the first ten months of the year](#). Improving access to appropriate and effective treatments and supports was deemed critical to preventing overdoses before they happen.

Last year, we partnered with the Ministry of Health, the Ministry of Mental Health and Addictions, the First Nations Health Authority and the General Practice Services Committee to host two journey mapping sessions to explore the current state of treatment options and support for people with substance use concerns in primary care settings. [Journey maps](#) are visual tools for capturing the experiences of individuals or groups interacting with a complex process. Over 120 health care providers, patients/peers and organizational representatives contributed to the creation of six distinct journey maps, including maps specific to Indigenous peers.

[All six maps are available](#) to anyone wanting to learn more about the current state of primary care in addressing substance use, from both the health care provider and the patient/peer perspectives. We also published [a report on the process behind each map, and the major themes that emerged](#). These resources may be of value to anyone seeking to learn more about the opioid epidemic, supporting substance users, and addressing stigma in primary care. We invite you to explore them.

Free Online Learning: Upcoming Webinars

Can't make it? Don't fret.

By registering you will also receive a recording of the live session along with resources shared.

Strengthen Your Poverty Reduction Work: Engaging with the Health Sector

Date: February 13, 2018 | 1:00 - 2:00 p.m. EST

Speakers: Dr. Gary Bloch and Trish Garner

In this webinar, Gary Bloch and Trish Garner will share insights from their years of experience in working to improve health outcomes and the social structures that threaten our wellbeing; in particular, they will highlight specific actions that health providers can take to address the Social Determinants of Health, and critical contributions they can bring to collaborative poverty reduction efforts.

[Register Now](#)



Building Readiness through the Collective Impact Feasibility Framework



Date: February 20, 2018 | 1:00 - 2:00 p.m. EST

Guests: Robert Albright, Director of Programs, Collective Impact Forum, FSG and Liz Weaver, Co-CEO, Tamarack Learning Centre, Tamarack Institute

Collective Impact (CI) is more than having a good idea, it is about convening community leaders around a complex problem and then trying to move the needle on that problem. The Collective Impact Feasibility Framework is a useful approach for considering the nature of the problem being tackled and the community pre-conditions which are essential to Collective Impact efforts.

Join Liz Weaver and Robert Albright from the Collective Impact Forum as they explore the Collective Impact Feasibility Framework.

[Register Now](#)

Service Providers Network

Many of you on this email list are part of the (unofficial) Cowichan Valley Service Providers Networking meetings, and for others... well we thought you might be interested.

We are an informal group of service providers who get together once per month to discuss our programs and services with each other or to discuss particular challenges or successes with clients/client care or within our larger community. It is an opportunity to let other organizations know about any events/programs you may have. Anyone who wishes to do a short presentation on their organization is welcomed and encouraged. It is great place to bring new staff to allow them to meet other service providers and learn about the referral process at different agencies.

We aim for the **second Wednesday morning of the month**. Most of the time our meetings are held at Sands Memorial (corner of Ypres and Trunk Road, upstairs meeting room, entrance on Ypres). Coffee, tea and hot chocolate are supplied by Sands with our booking. The meeting officially runs from 8:30-9:30am but we book the space from 8am until 10am to allow people some social networking time before and after.

Our next meeting is scheduled for **Wednesday, February 14th**. Global Vocational Services will be presenting about their organization. If you haven't met their new General Manager, Brian Siff, this is a great opportunity to do so. March's meeting will be Wednesday, March 14 and April's meeting will be Wednesday, April 11th. Please note that April's meeting will be held at House of Friendship and most of the meeting will be Lucy Thomas giving our group a tour of their space.

Please feel welcome to attend our informal meetings and connect with others. Also, please let me know if you wish to be taken off this list so that you don't receive unwanted future emails :)

Some notes of possible interest for you and/or clients:

Global will be holding its Job Fair on Wednesday, March 7th between 10am and 2pm. See Global for further info.

Literacy Now Cowichan is seeking volunteer tutors, please see their website or Facebook page.

Hope to see you at our meetings and please pass on to other staff who may be interested.

Warmest regards,

Wendy Montgomery

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Volunteer Opportunity for BC Summer Games

As you may know, the BC Summer Games (Jul 19-22) are coming to the Cowichan Valley this year, and Ladysmith is hosting three events....beach volley ball at Transfer Beach, baseball at Holland Creek Ballfields and field lacrosse at Forrest Field. The Games require a large volunteer base, and your involvement in this rare local event could be the experience of a lifetime!

If you would like to take part as a volunteer, please click here

<https://www.bcgames.net/cwch2018s/DesktopDefault.aspx>

For more information, click <https://www.bcgames.org/Home.aspx>.

Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

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