



## Health Matters Newsletter March 1, 2019

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Our Cowichan- Network Member
- Meetings
- "A Just Society" Film, Poster and Trailer
- BC Youth Homelessness Survey Closes Today
- Walk For Alzheimer's
- Nominations for Federations Awards of Excellence
- The New Budget and What it Means



Sunshine and forests... It does not get any better than this!

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- ✓ **Next Admin Committee Meeting-** **March 7, 4:30-6:30** CVRD Committee Room 2
  - ✓ **Our Cowichan Strategic Planning Session-** **March 4, 8:30 am -4 pm-** **Saint Ann's Garden Room Providence Farm – please be there by 8:15 for 8:30 start**
  - ✓ **Next Our Cowichan Network Meeting** at **March 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

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### Community Events- Meetings

- **Community Response Team Meeting** March 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
  - **EPIC-Community Steering Committee** March 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
  - **Cowichan Housing and Homelessness Coalition-** March 19, 9 am to 12 noon Saint John's Hall Ingram Street. All community partners invited
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## Local Data and or Research-

### B.C. Coalition to End Youth Homelessness, ON LINE SURVEY LAST DAY

This is the LAST WEEK for the online survey on youth homelessness to inform the RCY report. Please support young people ages 13-25 who has ever been homeless or experienced housing insecurity to fill out our survey and make their voice heard! The online survey can be found at this link:

<https://rcybc.ca/youthhomelessnesssurvey>

The survey takes approximately 5-10 minutes **and will be active until March 1<sup>st</sup> at 4:30 p.m.** Please share this email with your contacts. Thanks so much for helping to get the word out so we can elevate the voice of youth with lived expertise. Please let me know if you have any questions.

Katherine McParland

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### **“A Just Society” Film Opening (Trailer link below)- poster attached**

**On March 28 at 7:00 pm** we will show our latest documentary **“A Just Society”** at the **Cowichan Performing Arts Centre**. It is the story of our opioid crisis and substance abuse on the island. The documentary is about 60 minutes in duration.

I like to personally invite you to the showing of this important documentary. After the showing we plan to have a discussion involving a panel to discuss what we can do to help alleviate this serious crisis in our community.

I hope that you will be able to promote this evening through your organization. I think it is very important that we get a variety of people to this evening representing different views of our community.

Please find attached a link to our trailer as well as a poster and synopsis. I sincerely hope you will take a few minutes to look at it and you can help promote this very timely project.

Kind Regards

Nick Versteeg

[nick@dvmedia.ca](mailto:nick@dvmedia.ca)

DV Media Inc/DV Cuisine

Link to our trailer: <https://www.dvmedia.ca/2019/02/22/a-just-society/>

#### **Synopsis: “A Just Society” a documentary**

Canada is one of the richest countries in the world. It rates each year as one of the top countries to live in. So how is it possible that in 2017 in Canada 3,987 people died of opioids related abuse.....1399 in British Columbia alone!

This is the question that Documentary Film Producer Nick Versteeg asks in his latest documentary “**A Just Society**”. Nick and Geoff Johnson interviewed a wide range of people to let the viewer understand that we are all in this together. This crisis affects all of us.

Nick feels its time that we start dealing with the stigma surrounding substance abuse.

Governments, health authorities, first responders, addiction workers and medical personnel struggle to cope with the opioid epidemic and shocking rise in overdose deaths.

The leaders of this country have to start listening not only to the people on the street but to the people at the heart of this challenge.

Knocking down the walls of silence that keep people from talking about substance abuse is an important step towards addressing the overdose crisis in Canada. Recognizing that people who use drugs are real people helps to put a human face behind the numbers of so many preventable tragedies.

Nick’s goal is to have a frank discussion on stage and questions from the viewers after the showing of the documentary on what we need here in the Cowichan Valley.

Let’s talk about ideas, the entire goal of this documentary is to make the viewer understand that we are all in this together, as all of us want a **Just Society**.

Nick Versteeg has been a producer for the past 38 years. He has produced documentaries for the Discovery Channel, A&E, CBC and CTV and ten years for the Food Network in Canada and the US. On the Island Nick is well known for his award winning “**Once Upon a Day Cowichan**”, “**Resilience**”, the story about the Cowichan river. “**Seventy-One Years**” the story about a second world war plane that was found a few years ago and “**The History of the Malahat**” a comical look at the building of the Malahat Hwy. His last two documentaries on **Nepal** featured the earthquake in Nepal and the rebuilding two years after.

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## Walk for Alzheimer’s



The Alzheimer Society of B.C. invites you, your family, your friends and colleagues to take part in the [IG Wealth Management Walk for Alzheimer’s](#) in one of 21 communities across B.C. on Sunday, May 5, 2019.

The Walk is a way we can honour, celebrate and remember people in our lives that have been affected by dementia while raising vital funds and awareness to create change in our community. However, if you cannot make it to the *Walk*, we would like to invite you to host your very own Walk in a Box!

Hosting a [Walk in a Box](#) is a fun, social event that’s inclusive and easy to organize and participate in. It can be as simple as gathering your family, friends and colleagues together to walk in your neighborhood and asking them to make a donation in support of the Alzheimer Society of B.C.

**Will you help take us a step closer to this world by joining us this spring as we walk to raise funds and awareness for dementia?**

Register to host your own event and we'll send you a complimentary host kit, which includes a Walk in a Box guide, participant certificates, promotional posters and more! If you have any questions, please email me at [dwang@alzheimerbc.org](mailto:dwang@alzheimerbc.org) or call 604-742-4936. You can find more information about the *IG Wealth Management for Alzheimer's* and the Walk in a Box initiative by visiting [walkforalzheimers.ca](http://walkforalzheimers.ca).

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## **The Federation's Award for Excellence**

### **Nominate a colleague in the child, family or community services today!**

Taking time to recognize the work of our colleagues is important. It's why The Federation devotes time to things like honouring retiring members, thanking outgoing board members, and sharing accreditation news. [It's also why we created the Award for Excellence all the way back in 1995.](#)

The work we do in this sector is hard, often thankless, and people hear more bad news stories than good ones. That's why we believe it is important to shine a light and celebrate the caring and dedicated people who do this hard, important work day after day. These are the people who lead their teams through difficult times, who build strong relationships that foster good work in the community, and who remain creative and thoughtful even though doing so keeps getting harder and harder. You know who I'm talking about.

The Award for Excellence recognizes and honours these people, the ones who don't often get recognized; it encourages our members to hold each other up and support one another in their work. And to me, taking time to honour the work of one person in this sector also honours the work of everyone in this sector. It gives us a moment to reflect on what makes for great social care leaders and allows us to truly see the people working with us and the contributions they make.

I encourage you to reach out and tell someone how their work has inspired you, how they helped you, or how they taught you something valuable. Our sector is full of exceptional and caring people and this is a time to honour them. Yes, the people in our sector are often humbler than others, but I believe that there is space for appreciation and thankfulness within that humility.

So take a moment to consider nominating someone you know for The Federation's Award for Excellence. The application deadline is March 29th. [The nomination form and more information \(including past recipients\) can be found here.](#)

Rebecca Ataya Lang

Director of Programs and Services

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## **B.C. Child Opportunity Benefit And Budget News**

The big news for families with children is that starting in October 2020 a new [B.C. Child Opportunity Benefit](#) will replace the Early Childhood Tax benefit.. BC is the only province offering a child tax credit that cuts it off once a child turns six.



Thanks to our collective advocacy, government is increasing the maximum benefit amount to \$1600 for the first child and extending it to families with children up to the age of 18. The total annual provincial investment once the benefit is in effect (starting October 2020) will be \$380 million.

While First Call is thrilled with this significant investment in children, families will receive a reduced benefit if they make over \$25,000/year, a threshold far below the poverty line. We would like to see this threshold raised to ensure the full benefit is available to more low-income families. We look forward to seeing what other measures will be included in BC's upcoming Poverty Reduction Plan to reduce child and family poverty.

## **OTHER Budget News**

### **Child Care**

This budget adds an additional \$9 million annually for child care, on top of the \$1 billion in the 2018 budget. We support the continued investment in developing a universal child care system and encourage government to ensure accountability by directing investments into public and not-for-profit child care providers and expanding parent fee reductions. Further, at a minimum, government should ensure that child care professionals earn a living wage.

### **Rate Increases for Foster Parents and Matching Kinship Caregiver Payments**

The budget increases foster parent rates – a raise that is long over-due and an important investment in the most vulnerable children and youth. New in this budget is increased kinship care-giver payments to match foster parents' compensation. The aim is to reduce the number of children coming into government care due to family poverty, in keeping with Grand Chief Ed John's [recommendations](#). What isn't clear is whether or not the caregiver must be in the Extended Family Program (which will see a 75% increase) or the Post-Adoption Assistance Program (which will see a 15% increase).

### **Revenue Sharing with First Nations**

This budget [commits approximately \\$3 billion in shared provincial revenue](#) over the next 25 years to support First Nations communities, including an estimated \$300 million over the next three years. Goals include implementing Grand Chief Ed John's recommendations to help keep Indigenous children out of care, \$550 million over 10 years to support the construction of 1,750 affordable housing units for on and off-reserve and a new K-12 curriculum to ensure all students are taught about Indigenous culture and history.

### **Income and Disability Assistance Rate Increases**

Effective April 1, 2019, income and disability assistance rates will increase by \$50 per adult per month. This is a disappointingly small increase, leaving people reliant on these benefits in deep poverty. There are other positive measures in the budget aimed at removing barriers to

accessing assistance.

### **Additional Measures in Budget 2019**

- new investments in health care for women, children and newborns
- immediately eliminating interest on provincial student loans
- additional funding for respite services for parents who provide care for children with disabilities
- greater investments to improve access to mental health care for children and youth including more Foundry centres for youth 12-24
- new funding of \$6 million (2020-21) and \$13 million (2012-22) to the Ministry of Children and Family Development to make sure children in care benefit from provincial child tax benefits.
- additional funding for housing including more modular housing units, a province-wide homelessness count and establishing a province-wide rent bank

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

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly

**Health Matters Newsletter**