



Health Matters Newsletter March 6, 2020



Can one individual make a difference? This photo demonstrates the impact of one fire during an inversion. (zoomed out and in) Please if possible, take your yard waste to a local recycling facility- its free!

Today's Health Matters Includes:

*Meeting Schedule *Community Meetings and Events *From Marginalized to Magnified Youth Homelessness Report * Free Cultural Safety Training *Wave 7 EDI (Early Development Instrument) Results are Out *Kids in Control Program Seeking Participants- poster attached

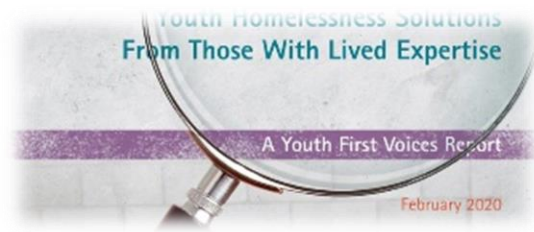
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- ✓ **Next Admin Committee Meeting- April 2, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at May 14, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.
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Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) March 24** 11:00 am to 1:00 pm Location to be determined
- **Community Action Team (CAT) Meeting March 26, 2020**, 9 am-11am Cowichan Community Centre Board Room

- EPIC-Community Steering Committee March 19, 2020 1:30 -3:30 pm Ts’i’ts’uwatul’ Lelum
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From Marginalized to Magnified, Youth Homelessness Report



Katherine McParland, Executive Director of A Way Home Kamloops, presented her newly-released report [From Marginalized to Magnified: Youth Homelessness Solutions From Those With Lived Expertise](#) to the March 11th First Call coalition meeting. The report was prepared in collaboration with her advisory group Youth

Against Youth Homelessness BC and The Office of the Representative for Children and Youth.

Through the report, youth identified the pathways that can lead to youth homelessness, the impacts of homelessness on young people, the barriers that exist to receiving services and supports necessary to avoid or escape homelessness and, most importantly, suggested solutions for ending the problem in B.C.

The report's lone recommendation calls for the provincial government to develop a distinct plan to end youth homelessness and to involve youth with lived expertise in the development of that plan by January 2021.

First Call will be posting Katherine's presentation slides with the minutes of the March 11th meeting (check [here](#)) soon.

FREE Cultural Safety Training

Island Health

The online Cultural Safety Training, "For the Next Seven Generations – for the Children", developed by Island Health's Aboriginal Health Program is now available for the public.

<https://www.islandhealth.ca/learn-about-health/aboriginal-health/aboriginal-health-cultural-safety>

First Nations Health Authority

You are invited to the First Nations Health Authority and BC Patient Safety & Quality Council cultural safety and cultural humility webinar action series! 12 webinar events have been captured to encourage participation, learning, self-reflection and positive change among BC's healthcare professionals.

<https://www.fnha.ca/wellness/cultural-humility/webinars>

Wave 7 EDI Reports are Out



Early Development Instrument (EDI) data are a long-term provincial indicator of children's early developmental health and well-being in BC. HELP completed their seventh wave of EDI data collection in 2019, resulting in the publication of new provincial-level data. The resulting report, the [BC EDI Wave 7 Provincial Report](#), summarizes trends and patterns in EDI data across the province from 2004-2019.

They recently launched their [interactive map](#) that explores the province's EDI data for all five EDI scales over multiple waves (combined years of data). They also released [Community Profiles](#). In these publicly available reports, the school district and neighbourhood-level EDI data are supplemented by provincial-level data intended to help communities situate local data within the broader provincial

context.

Kids in Control (Poster Attached)

NOTE- we are specifically looking for children aged 8, 9, or 10 to attend Kids In Control. At a later date we hope to offer it to ages 10,11, 12 but for now the response has been from the lower age group. We will be determining dates, times and location as soon as we have a suitable number of children enrolled.

You will recall that Kids in Control is a life-changing program for children whose parent or other family member has a serious mental illness. The program:

1. Provides child with opportunity to connect with others who share a similar situation and have support
2. Enables child to have a better understanding of mental illness
3. Reduces anxiety and relieves fears about the unknown
4. Dispels misinformation
5. Helps child build effective coping skills
6. It places mental illness in context with other illnesses and helps the child understand when a parent isn't well. Mental illness is like any other sickness.

Health Matters Newsletter

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 newsletter