



**Health Matters Newsletter
September 18, 2020
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- Our Cowichan Small Grants Open Sept 1, 2020
- Cowichan Caregivers Support Society Seeking Board Members (Attached)
- National Grief Conference for Families and Professionals
- Survey for Impact on Seniors in Care during COVID
- New Fact Sheet on Physical and Sexual Abuse
- Canadian Mental Health Association Cowichan Branch – Fall Newsletter and Programs
- Primary Care Network Media Release
- Helpful Links During COVID Crisis



What is awesome about Vancouver Island? When the wolves go by your campsite and you miss them!

Waking before dawn to wait for the wolves... This time with a camera.... And they did not come but you get to enjoy the tranquility of a magnificent place

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- ✓ **Next Admin Committee Meeting **October 1, 4:30 pm- Location to be Determined****
 - ✓ **Next Our Cowichan Network Meeting **November 12 In Person Meeting to be determined****
 - ✓ **Next EPIC Committee Meeting- **October 15 1:30 pm-3:00 pm Teleconference Call****
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Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am September 24, 2020, TELECONFERENCE 1-844-445-4475 Access Code 4381 5922 Due to the large number of participants**

Calls for Proposals Small Grants Project

Cowichan Valley

Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of \$2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well-being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships. Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities' future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

Project focus:

OCCHN small grants are designed to meet a specific need or a specific project that would not otherwise be able to happen or would be significantly impacted without funding.

Through strategic planning OCCHN has identified 5 priority areas.

- **Children and their families aged 0-6** including prenatal care, maternal health, nutrition, early childhood development, role of fathers, social supports, physical literacy
- **Promotion of good health- all ages** including nutrition, physical activity, environment, social supports
- **Elderly** including home support, housing, caregiver support, mental health, healthy aging, social supports
- **Identifying causes and prevention of chronic illness- all ages** including mental health, alcohol consumption, substance use, smoking, vaping, respiratory, diabetes, circulatory/ heart disease
- **Poverty /Economic Status** including education, employment, living wage, poverty reduction

Projects addressing these priorities will be given first consideration.

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the 12 determinants of health will be accepted for review.

Application templates and supporting documents are available on our website www.ourcchn.ca or contact Cindy Lise at cindylisecchn@shaw.ca . Applications will be accepted up to noon on September 30, 2019. Funding announcements will be made by October 15, 2020 or sooner.

- 1 copy must be submitted by email to: cindylisecchn@shaw.ca and must be confirmed received by noon September 30.
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Supported Housing Information

Here is some information regarding upcoming **supported housing** for folks who want to learn more:

- [Let's Talk website \(Cowichan Valley\)](#) – A number of resource documents are available here.
- North Cowichan Drinkwater - [Fact Sheet](#)
- Duncan White Road materials - [Fact Sheet](#)
- Community Benefits - [Fact Sheet](#)
- Great example and video of the Parksville Project [Orca Place supportive housing](#).
- Information on application process (attached)

Staying Apart to Stay Safe:

The Impact of Visitor Restrictions on Long-Term Care and Assisted Living Survey

We want to hear ***your story*** in ***your words*** about the impact of living with the visit restrictions in long-term care and assisted living that have been required in response to the COVID-19 pandemic.

We invite you to take our survey online at www.carehomevisits.ca. The survey is available until September 30, 2020.

You can also call our office at 1-877-952-3181 if you would like to schedule a time to have a surveyor call you to complete the survey over the phone or if you would like a printed copy mailed to you (with postage paid).

- [Click here to access a copy of the visitor's survey](#) that you can print off and mail to us.
- [Click here to access a copy of the resident's survey](#) that you can print off and mail to us.
- [Click here to access a copy of the general public survey](#) that you can print off and mail to us. This version is intended for people who do not visit a care home but would like to offer their views.

Your experiences and insights are very important. This is ***your*** lived experience and hearing directly from residents and family members will help us better understand the overall impact of the COVID-19 pandemic on residents living in long-term care and assisted living and the people who love them.

Province Announces Primary Care Funding for Cowichan [news release](#)

Congratulations to Sue and Carla and the Primary Care Network Advisory Team!

National Virtual Grief Conventions for Families and Professionals

Camp Kerry, will be holding their Kaleidoscope 2020: First National Virtual Grief Convention for Families and Professionals from **Thursday, September 24 to Sunday, September 27**.

There will be a wide range of speakers, including Dr. Lorraine Hedtke, Ann Douglas and Dr. Patch Adams.

For more information, please go to our website for more details at <https://hcabc.ca/events/>

Thank you



[NOW AVAILABLE - Hospice Care in British Columbia: The Path Forward Report](#)

New Horizons for Seniors Granting OPEN

I am pleased to share that applications for the [New Horizons for Seniors Program \(NHSP\) 2020-2021](#) are now being accepted. This is a great opportunity to advance the age-friendly initiatives in your community!

This year's funding will support programs that offer specific COVID-19 relief or recovery activities for older adults. The deadline to submit applications is October 20, 2020 at 3:00 pm EST.

To learn more about this funding opportunity, please review the links provided below.

Kind regards,
Lisa

—
Lisa Brancaccio
Age-Friendly Communities Knowledge Broker
brancacl@providencecare.ca

New factsheets on physical and sexual abuse

McCreary Centre Society has produced two fact sheets with data from their 2018 Adolescent Health Survey (AHS) on the incidence of BC youth who reported experiencing physical and/or sexual abuse and the impacts on their well-being. The first fact sheet reports that 20% of BC youth aged 12-17, or one in 5, experienced at least one type of abuse. 14% indicated they had been physically abused, 11% had been sexually abused, and 5% had experienced both types of abuse.

The fact sheet also contains data on the mental health, suicide ideation, self harm, substance use and

injury prevention behaviours of youth who had been abused compared to youth who had not been abused.

Data is also included on the protective factors affecting youth who have been abused. The second fact sheet focuses on the role schools can play in contributing to improved outcomes among youth who have experienced abuse.

[Read the first fact sheet.](#)

[Read the second fact sheet.](#)



**Canadian Mental
Health Association**
Cowichan Valley

All of the great things from Canadian Mental Health Association via their newsletter

Welcome to our seasonal community update. The CMHA-Cowichan Valley Branch has been busy. We have new people, new programs and new policies in place to serve the needs of those in the mental health system.

In this issue:

- Introducing our new Executive Director
- Addictions Physician now available at Open Door
- New Youth Programs
- Rainbows Program Now Accepting Applications
- NoodleBox fundraiser for mental health on Wednesday, Sept 16
- Good Food Box is Back!
- Job Postings
- Fundraising Campaign to replace our Youth Outreach Van



WE ARE VERY EXCITED TO WELCOME A NEW EXECUTIVE DIRECTOR

- LISE HADDOCK

Lise comes to CMHA with experience in her own consulting firm, and as having been Director of Aboriginal Initiatives for the provincial Representative for Children and Youth, Project Manager for the Provincial Health Services Authority Aboriginal Health program, and Executive Director of Lalum'utul' Smuneem Child and Family Services. She lives in Duncan and we are lucky to have her leading the CMHA in the Cowichan Valley.

She is the recipient of the University of Victoria Distinguished Alumni Award, the Premier's Award Promoting Innovation and Excellence, Aboriginal Agency Information Sharing Initiative, and the Aboriginal Success by 6 Champion for Children Award of Excellence.

We would also like to thank Anne Brunet. Anne spent the last six months gracefully juggling dual roles as our Acting Executive Director and also Chief Administrative Officer (all during a pandemic). Thank you, Anne and welcome Lise!

ADDICTIONS PHYSICIAN NOW AVAILABLE AT OPEN DOOR YOUTH SERVICES CENTRE



We are excited to announce that Dr. Elizabeth Plant will be available on a drop-in basis at the Open-Door Youth Services Centre from 1-5pm each Thursday. Dr. Plant completed an addiction medicine fellowship with the BC Centre on Substance Use and specializes in addiction medicine. She will be available to discuss accessing a safe supply, suboxone or any other concerns. Our Open-Door Youth Services Centre is located at 371 Festubert St. The telephone number is 250.746.5521.

NEW YOUTH PROGRAMS AT CMHA COWICHAN VALLEY BRANCH!

Youth Community Action Project:

This new project will provide participants with in-house, experiential education opportunities to gain leadership/social skills such as team-building, communication, self-care/wellness, problem solving, conflict resolution, goal setting and action planning. Funding is being provided by the Government of Canada through the Canada-British Columbia Workforce Development Agreement. The Youth CAP will also provide participants with an introduction to Mental Health topics such as anxiety, depression, and promoting self-care through an in-house, youth co-created/facilitated Mindful Wellness Workshop. Further, participants will learn how to access services and supports for themselves and their peers. Youth CAP will provide formal skills training including: Food Safe (Safer Food Duncan) and First Aid (Cowichan Valley Training Centre). We will also provide training on how to use social media (Jillian Lawrence Inc.) to promote Mental Health Awareness and Education, and online/virtual youth supports. The in-house and formal training components of Youth CAP have been included not only to improve employability, but importantly to provide the skills necessary to maximize the effectiveness and impacts of the community service project work.



Mind Medicine:

The YMCA Teen Mindfulness Group (Mind Medicine) program is a low barrier 7-week support group for teens ages 13-19 who experience stress and/or mild-moderate anxiety. Participants



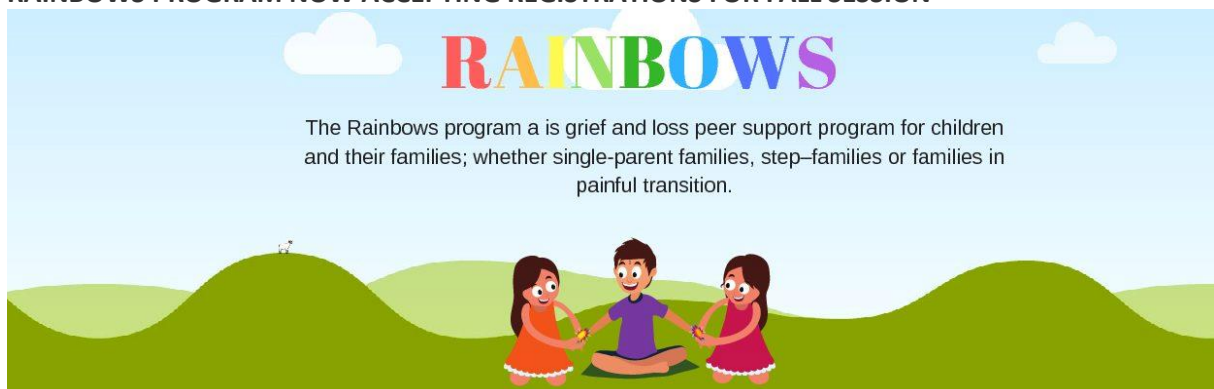
learn healthy coping skills based on Acceptance & Commitment Therapy (ACT) and mindfulness, connect with other youth in the community, and get support all in a safe and friendly environment. The group provides a safe, supportive environment where teens can meet others who are experiencing similar feelings and includes:

- Engaging discussions about stress, anxiety and other topics
- Practicing evidence-based mindfulness techniques during workshops, a proven tool to help manage stress and anxiety

- Educational tools from Acceptance & Commitment Therapy (ACT), an evidenced-based therapy that uses acceptance and mindfulness strategies
- Take-home resources to help manage stress and anxiety in between weekly meetings

The YMCA supports and works collaboratively with community agencies across BC to increase the access to mental wellness programming to youth. The current Fall 2020 Teen Mind Medicine program is being offered to members of the Malahat community and is a partnership between with Malahat Nation’s Social Programs department and CMHA-CVB.

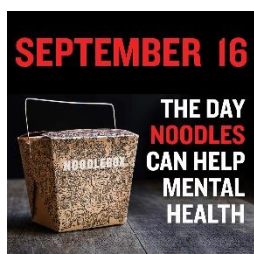
RAINBOWS PROGRAM NOW ACCEPTING REGISTRATIONS FOR FALL SESSION



Rainbows is a support group program for children and youth who have suffered a significant loss in their lives, either by death, divorce or any other painful transition.

The purpose of the program is to provide children with an opportunity to meet new friends who have shared similar experiences; to have trained caring adults be present for the children while they sort through and understand their grief, and to help the children come to a healthy acceptance of what has happened to their family. The aim of Rainbows is to nurture in these grieving children, a belief in their own goodness and the values of their own family. This program helps to instill the feeling that each change in life can become an occasion for a new beginning. Rainbows is free of charge to all registrants. For more information or to register, please download the Rainbows [brochure](#) and [registration](#) form. Questions? Please feel free to reach out to the program coordinator by [email](#).

SEPTEMBER 16 IS CHARITY DAY AT NOODLEBOX!



This **Wednesday, September 16**, all 21 locations of **Noodlebox** will donate 30% of their proceeds to CMHA! In Duncan, Noodlebox is located next to Starbucks on Trunk Road. Tell your family and friends to take time to enjoy some fabulous food and support CMHA-CVB at the same time! This is the third year that Noodlebox has generously supported CMHA.

Feel free to visit the Noodlebox [website](#), review their menu and call 250.597.4005 to place your order!

GOOD FOOD BOX IS BACK!

September order deadline is Thursday, September 17 for pick up on Monday, September 21 after 1pm.

Please drop off cash payment of \$10 at the time of ordering. Due to COVID-19 restrictions, all orders and pick ups must take place at the gate. Please buzz for assistance.

Questions? Please call 250.715.1132.



Good Food Box

The Good Food Box program is dedicated to feeding the community fresh fruits and vegetables at an affordable price.

Each Good Food Box is **only \$10** and includes potatoes, carrots, onions and a variety of delicious and nutritious fruits and vegetables.

WE ARE HIRING!

CMHA-Cowichan Valley Branch is a great place to work! We have a positive and fair workplace culture, and are also big believers in wellness and work-life balance.

If you care about mental illness and mental health and you have the right skills, then CMHA-Cowichan Valley may be the place for you.

Current Job Opportunities

[Child and Youth Support Worker \(casual\)](#)

[Harm Reduction Worker \(Casual\), Sobering Assessment Centre \[SAC\]](#)

[Outreach Worker, Full-time](#)

[Shelter Cook, Casual](#)

[Shelter Workers, Casual](#)



AREAS OF SUPPORT: DONATIONS NEEDED

Your gift supports the Canadian Mental Health Association-Cowichan Valley Branch in its mission to promote mental health and help those with mental illnesses. We are a registered charity. Our charitable business number is #13990 5772 RR0001. All donations over \$20 are eligible to receive a tax receipt.

We have a number of ongoing campaigns to support our work. Depending on your budget or personal preference, you could choose to '[Sponsor a Meal](#)' at the homeless shelter, or donate to a [larger campaign to replace vital equipment](#) or [vehicles](#). If you can't decide, you can simply make a donation and it will be applied [where it is needed most](#). Please explore the details of these options by clicking on the links to learn more.

If you have a question about giving or would like to sponsor an event or project, please reach out to our [Manager of Community Engagement and Fund Development](#).

With your help, we can make a difference. Thank you for your support!

[DONATE NOW](#)

You can also send a donation by cheque payable to CMHA Cowichan Valley Branch:

CMHA – CVB
#201-5878 York Rd
Duncan, BC V9L 3S4

Please feel free to share this email with others that might be interested in staying up to date with CMHA Cowichan Valley Branch programs and activities.

Thank you

CMHA - Cowichan Valley Branch

<http://www.cmhacowichanvalley.com/>

Some Information that may be helpful during the COVID 19 Crisis

- **If you feel sick**, isolate yourself and use B.C.'s online [self-assessment tool](#).
 - **BC Centre for Disease Control**
<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care>
 - BC Housing provides great information <https://www.bchousing.org/COVID-19>
 - **How to support your clients or residents**
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/vulnerable-populations-covid-19.html>
 - **Self isolating in the home or co-living setting**
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html#app1>
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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