



Health Matters Newsletter November 30, 2018

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Cowichan Patient Survey -please complete and share broadly
- Cowichan Living Wage 2018
- Time to Listen Youth Voices on Substance Use
- A Way Home Youth Homelessness Webinar
- Reaching Home Canada's Homelessness Strategy
- New Erase Portal for Bullying
- Seeking Admin Assistant Job Posting- (Attached)
- Upcoming Attainable Housing Strategy Workshops

Don't let the rain stop you from getting outside!



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- December 13, 4:30-6:30** Venue to be determined
- ✓ **Next Our Cowichan Network Meeting at January 10, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** January 24, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
- **EPIC-Community Steering Committee** January 17, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Local Data and or Research-

Cowichan Patient Survey- Complete and Share Broadly Time is Running Out

Island Health and the Cowichan Division of Family Practice are initiating a survey of the residents of Cowichan Valley to better understand healthcare needs and preferences and how we might improve services. Your support in distributing this link to your membership is greatly appreciated. If you would prefer paper copies, please contact Shaun Lorhan at 250-519-5300 x32908.

[Cowichan Patient Survey](#)

With thanks

Shaun Corrine Lorhan, BSW, MA

Project Manager Community Health & Care | Island Health Authority

p: (250) 519-5300 x32908 | c: (250) 920-6715 | e: Shaun.Lorhan@viha.ca

Time to Listen: Youth Voices on Substance Use Report

The Representative for Children and Youth released their [Time to Listen: Youth Voices on Substance Use](#) report to provide the first-hand perspectives of 100 young people in B.C. with lived experience and also draws on lessons learned from an aggregate review of substance use-related injury and death reports received by RCY in 2017.

British Columbia is in the midst of an opioid crisis that in 2017 alone took the lives of 1,452 people through overdoses. This total included 24 youth between the ages of 10 and 18 – double the number of youth who died as a result of overdoses the previous year and more than the three previous years combined.

New erase portal to Address Bullying

The BC Government recently launched the [erase portal](#) (expect respect & a safe education). The portal provides parents and students with helpful tips and advice on how to address bullying. The site also includes a confidential online reporting tool for youth to report bullying. It is part of the erase strategy, which is all about building safe and caring school communities.



A Way Home Canada Webinar Recording - Rural and Remote Youth Homelessness: Toward a Unified Approach

Join leaders from the [Alberta Rural Development Network](#), Newfoundland's [Choices for Youth](#) and Lanark County's [Cornerstone Landing](#) as they share emerging solutions in collaboration and practice that support our continued growth and alignment on unique issues faced by rural youth and their families. [Watch Recording Now.](#)

Reaching Home: Canada's Homelessness Strategy

The Government of Canada announces its redesigned strategy to reduce chronic homelessness by 50% over the next ten years. [Read More Here](#)



Living Wage 2018



What is a Living Wage?

The hourly amount an individual would need to receive for a 35 hour work week in order to cover basic expenses.



Family of Four

Two Parents, Two Children

\$23.33/Hour

An increase of 22.47% in the past year



For a family of four, the cost of living in the Cowichan Valley is \$10.68/hour more expensive than the minimum wage.



Single Parent with Child under 5

\$20.98/Hour



Single Parent with Child over 5

\$18.88/Hour



Individual (50+)

\$18.87/Hour



Monthly Expenses

- Food, clothing & footwear, shelter (including utilities), transportation, childcare (for families), MSP premiums, other health care, education, contingency funds

Please note: The information provided is accurate as of the date of this publication, as it is based on ever-changing information regarding family expenses and government transfers. The living wage is updated annually.

ACTION PLANNING FOR ATTAINABLE HOUSING IN COWICHAN - WITH GUY DAUNCEY



Event to be held at the following time, date, and location:

Thursday, 6 December 2018 from 12:30 PM to 4:30 PM (PST)

O.U.R. Ecovillage
1565 Baldy Mountain Road
Shawnigan Lake, BC V0R 2W2
Canada

[View Map](#)

Share this event:



Attend Event

You're invited to an action-packed workshop aimed at moving the dial on affordable housing in the Cowichan Region. (for more on an optional tour of O.U.R Ecovillage with lunch, please see below)

Over the past six months, the Cowichan Housing Association and Social Planning Cowichan have been conducting housing research and consultations to develop a Regional Attainable Housing Strategy. The purpose of this session, is to present what has been learned and invite your input into developing an action plan.

Along with our community partners at the O.U.R. Ecovillage, we will hear from Guy Dauncey about his ideas in the realm of affordable housing development.

- Guy Dauncey is an ecotopian futurist who works to develop a positive vision of a sustainable future, and to translate that vision into action. He is founder of the [BC Sustainable Energy Association](#), co-founder of the Victoria Car Share Cooperative, and the author or co-author of ten books, including [The Climate Challenge: 101 Solutions to Global Warming](#) and [Journey to the Future: A Better World Is Possible](#). He is currently writing his next book on *The Economics of Kindness: The Birth of a New Cooperative Economy*. He is an Honorary Member of the Planning Institute of BC, a Fellow of the Findhorn Foundation in Scotland, and a Fellow of the Royal Society for the Arts. His website is www.thepracticalutopian.ca.
- *"As we work to tackle the housing crisis, we need to think about more than money, location, approval and construction. We need to place the new housing within a wider vision of who we are, and what we want our region to become."* - Guy Dauncey

Our agenda will include:

- 10:30am - 12:30pm: Ecovillage Tour and/or Lunch (optional)
- 12pm - 12:30pm: Registration/Networking
- 12:30pm: Welcome & Introductions
- Background and Update on the Attainable Housing Strategy
- Guest Speaker Presentation & Questions
- World Cafe housing action planning
- Closing Remarks & Next Steps

Tour & Lunch Option:

- If you'd like to take a tour of the O.U.R Ecovillage and/or enjoy a delicious lunch before the session, you can select that ticket option at a cost of \$30.
- The tour will begin at 10:30am with lunch at 11:30am.
- For more information visit: <https://ourecovillage.org/>

Please feel free to invite anyone who may be interested in attending this event.

For more information about this event, please contact Rosalie at rosaliespcowichan@gmail.com or at 250-597-0172 ext. 109.

We hope to see you on December 6th!

Share this event on [Facebook](#) and [Twitter](#). We hope you can make it !Cheers, Social Planning Cowichan

ACTION PLANNING FOR ATTAINABLE HOUSING IN COWICHAN **- WITH JUDY STAFFORD**



Event to be held at the following time, date, and location:

Wednesday, 5 December 2018 from 12:30 PM to 4:30 PM (PST)

Frank Jameson Community Centre & Swimming Pool, Program Room

810 6 Avenue
Ladysmith, BC V9G 1N8
Canada

[View Map](#)

Share this event:



Attend Event



You're invited to an action-packed workshop aimed at moving the dial on affordable housing in the Cowichan Region.

Over the past six months, the Cowichan Housing Association and Social Planning Cowichan have been conducting housing research and consultations to develop a Regional Attainable Housing Strategy. The purpose of this session, is to present what has been learned and invite your input into developing an action plan.

Along with our community partners at the Ladysmith Resource Centre Association and the Town of Ladysmith, we will hear from Judy Stafford, Executive Director at the Cowichan Green Community about her experience and ideas in the realm of affordable housing development.

- Judy Stafford is the Executive Director of Cowichan Green Community, a non-profit located in Duncan. Since 2007, Judy has been leading the way for CGC in becoming more financially sustainable through the pursuit of social enterprises while keeping an eye on the quadruple bottom line and the organization's vision of a more food secure Cowichan.

Judy has served on the Downtown Duncan Business Area Improvement Board since 2010, as a Director, Vice President, President, and Past President. She sat on the City of Duncan Environment Commission, the Cowichan Valley Regional District Environment Commission and Agriculture Commission, the Island Farmers' Alliance, and represents Cowichan on the Island Health's Food Hub Network. She has chaired and sits on the Cowichan Food Security Coalition, responsible for creating the Cowichan Food Action Plan, the Cowichan Food Charter, and the Cowichan Food Map, which will be celebrating its tenth year in 2019.

With incredible support from a very talented and dedicated board of directors, CGC has certainly grown in the past 11 years from renting a 500 square foot office space with no bathroom, to owning a 20,000 square foot building with 27 bathrooms. It's been quite the ride!

Judy is looking forward to seeing what's around the next corner for CGC including the expansion of the Cowichan Food Recovery Project, and the opening of the "reFRESH Cowichan Food Shoppe," which offers a dignified and inclusive shopping experience: sharing recovered and local produce and value-added products to nourish our community.

- Judy will be sharing the story of "The Station" - the good, bad, ugly, and heart-wrenching. Come tag along while Judy delves deep into what it really takes to make a social enterprise real estate venture come true for a very small non-profit with only guts and passion leading the way. Lessons learned, friends made and lost, and the reasons behind the thought, "if we knew what we were getting into, we wouldn't have done it, so we're glad we didn't know." We are happy to share our story to help you avoid similar bumps in the road.

Our agenda will include:

- 12pm - 12:30pm: Registration/Networking

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- Guest Speaker Presentation & Questions
- World Cafe housing action planning
- Closing Remarks & Next Steps

Please feel free to invite anyone who may be interested in attending this event.

For more information about this event, please contact Rosalie at rosaliespcowichan@gmail.com or at 250-597-0172 ext. 109.

We hope to see you on December 5th!

Share this event on [Facebook](#) and [Twitter](#). We hope you can make it! Cheers, Social Planning Cowichan

Upcoming Workshops

- **BEST PRACTICES – Intensive Case Management, Team Leadership, and Program Collaborations** December 13-14 with Carrie Bartsch
- **HOUSING FIRST FOCUS AREA & HOMELESS SERVING PRACTICES – Landlord Engagement and Rapid Rehousing** January 30-31 with Sue Baker
- **BEST PRACTICES – Trauma Informed Care and Self-Care Training** February 5-6 with Brian Williams
- **HOUSING FIRST FOR WOMEN** – February 7-8 with Hope Hamerston and Nicole Cortese

****Please RSVP by completing this Survey by Friday, November 30th, 2018: <https://www.surveymonkey.com/r/MX2D7QQ> (it will take you 2 minutes to complete).**

Any questions, please don't hesitate to contact me. Feel free to share with your network. For more information about CAEH, their approach, and the trainers, you can check out their website at: <http://training.caeh.ca/our-trainers/>

Thank you!
Melaina

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

Health Matters Newsletter