



Health Matters Newsletter April 8, 2016

Today's Health Matters Includes:

Meeting Schedule
Community Meetings and Events
Local Data/ Relevant Reports – CVRD Paratransit Study 2014
RFP Announcement For Sobering Beds for Cowichan
Every Community has Super Hero
Too Hot for Tots- Burn Prevention Resources



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** April 7, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** April 14, 2015 **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Next Sobering and Detox Task Force Meeting – MOVED to May 5 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **Literacy Now Wordscrum Fundraiser-** April 10 3pm to 5 pm at York Street Diner
- **Ladysmith Interagency Meeting- the last Wednesday of the month from 12:30 pm to 2:00 pm at Ladysmith Resource Centre Society- 630 Second Avenue Ladysmith**

Local Data and or Research-

RFP Announcement for Sobering Beds in Cowichan

<http://www.bcbid.gov.bc.ca/open.dll/welcome>

New sobering beds to keep people out of jail

by [Paul Brian - Cowichan Valley Citizen](#)

posted Apr 1, 2016 at 1:00 PM

Duncan will soon be getting four to six sobering beds for those dealing with alcohol and drug abuse.

These will be the first substance use sobering beds in the Cowichan Valley, the result of collaboration between provincial health bodies, Island Health, law enforcement and community agencies.

“It provides a safe place for those that otherwise could not access community services like a shelter,” explained Island Health Mental Health and Substance Use Project Manager Shana Hall. “What’s different between a shelter and a sobering assessment program is that you can be intoxicated and still be supported in a sobering assessment program, because the staffing model allows for that person to be safe. A shelter is unable to do that and would have to turn that person away.”

Island Health issued a request for proposal on March 23 to search for an owner and operator for the new community-based sobering and assessment program. The RFP closes in five weeks. The four to six sobering beds will be available for people aged 17 and up to access for up to 24 hours when experiencing intoxication due to drug or alcohol use.

This expansion of services was made possible by the province and health authorities working with the not-for-profit sector to fund 500 substance use beds in B.C.

“Of those 500 beds, Island Health was allocated 93 beds. The next task became where across the Island would those 93 beds be distributed. So based on various levels of analysis and community consultation and stakeholders across the community the number of beds were determined,” Hall said.

Spearheaded by Our Cowichan Communities Health Network, discussions took place between representatives from the Cowichan Valley Regional District, Island Health, RCMP, Cowichan Tribes and other community partners who formed a task force.

“In the interim, from the original consultation process we learned in Cowichan that a task force came together and it was through the advocacy of the group that it [bed count] was increased from two beds to four to six beds. I think that was important because it was the community that advocated and won that,” Hall said. “That re-consultation process led by the task force with Island Health as a member, concluded there was a greater need.”

This conclusion, in part, was spurred by a coroner’s report requesting increased sobering and detox services, according to Hall.

North Cowichan/Duncan RCMP said intoxicated behaviour from those consuming alcohol is the most common substance problem police face.

“The substance that we seem to deal with more often than any other is alcohol,” said spokeswoman Cpl. Krista Hobday. “We’re kind of like a safety net. If there are no beds available at the hospital or if they’re too intoxicated to be treated. If there’s no resources through family or Island Health then we become the

last resort and we house them, literally, until they're sober enough to care for themselves.”

The location of the sobering beds is still to be determined based on proposals received. The program will be staffed 24 hours per day, every day of the year and the successful bidder will work closely with community partners including Island Health to ensure clients can easily connect with more outreach, substance use supports, social and housing services as needed.

The new beds and program are expected to be operational in late 2016, according to Island Health.

“This is a good news opportunity for Cowichan to receive new beds,” Hall said. “We’re really pleased to announce this, and it was through that community partnership that we were able to come together and get these beds in Cowichan.”

Every community, no matter it's state, has possibility. Every community member, no matter who, has something to offer.

Have you ever heard of the 'Hero Complex'? The Hero Complex, put simply, is the inherent desire to help others -- We see it in Superman, who's superhuman strength and ability to fly allows him to protect the people of earth, Spiderman who's spidey-sense and genius-intellect helps him to save New Yorkers over and over again, or Batman who fights crime in Gotham City with his master-detective skills and incredible strength.

On the surface the Hero Complex, along with a few superhero skills, appears to be the perfect solution to the challenges we face in our communities -- all we need is someone or something to swoop in and save us! Unfortunately, 'spidey-senses' are few and far between, and in reality the Hero Complex can often have adverse effects in the world of social activism and community change.

The heroic approach to community assumes that the community itself is somehow inadequate and in need of rescue. But the truth is, every community, no matter it's state, has possibility. Every community member, no matter who, has something to offer. When we, as a community, discover our own super strengths we build resiliency that stands up to some of our toughest challenges. **It is possible to be our own superheroes.**

How do you find your inner superhero?

Asset-Based Community Development (ABCD) is an approach to community building that asks the question *where is the beauty?* ABCD mobilizes community growth and social change not by focusing on needs, but rather on assets -- it is about empowering people to discover, and utilize, the gifts that already exist within themselves *and* their community. It is about finding your superpowers.

Want to learn more about ABCD?

- Listen to the recording of our recent webinar, [Abundant Community Edmonton](#), and check out [the history and methodology](#) of the Abundant Community Initiative
- Explore John McKnight's [Basic Guide to ABCD Community Organizing](#)
- Join us in Edmonton from June 7-9 for [Deepening Community: Resilient Neighbourhoods | When People Care](#) to learn how the assets of residents and neighbourhoods can be identified and

connected and to participate in experiential ABCD Walk-about

Speaking of heroes...

Do you know a Neighbourhood Hero? Do you know someone who has mastered the act of caring, who understands the art of neighbourliness and deserves to be at this year's national Deepening Community gathering? Check out our [#nbrhdhero contest details](#) and nominate your #nbrhdhero by May 1st!

I challenge you to seek out your community's superpowers *and* superheroes.

Sincerely,

Christie Nash
Manager, Deepening Community
Tamarack Institute

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Tamarack Institute is located at: 91 Glenburn Dr. Waterloo, ON, N2L 5K1, Canada. Visit us at www.tamarackcommunity.ca.

Too Hot for Tots! Early Childhood Burn Prevention Program

“It only takes a second to change a life forever.” [Visit the website](#) to read the newsletter and find videos and resources on early years burn prevention.

[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

