



Health Matters Newsletter June 3, 2016

Today's Health Matters Includes:

Meeting Schedule
Community Meetings and Events
Events
Research and Reports- Review of Youth Substance Use Services in BC
Introduction to Collective Impact Webinar
Tobacco Reduction



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** June 2, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** June 9, 2015 **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events/ Meetings

- **Next Sobering and Detox Task Force Meeting -June 16 9:00 am to 11:00 am CVRD Meeting Room 213**
- **Warmland Women's Support Services Society is proudly hosting a community event commemorating "Victims & Survivors of Crime Awareness Week: Charles Hoey Park (Duncan train station) Sat. June 4th 1:00-4:00.**
- **Inspiration Station-** Saturday June 11- Island Savings Centre (see attached flyer)
- **Aboriginal Day at Transfer Beach Ladysmith-** June 21 11:00 am to 3:30 Everyone Welcome

Research and Reports

Review of Youth Substance Use Services in BC

May 26, 2016

Youth with substance use problems in British Columbia are faced with a piecemeal service system that can leave them for long periods of time without adequate or available services as

they try to access treatment, finds a new report released by Representative Mary Ellen Turpel-Lafond.

A Review of Youth Substance Use Services in B.C. calls on the provincial government to recognize the magnitude of the issue by creating a single point of leadership that would collaborate with regional health authorities on a strategic plan focusing on prevention, early intervention and residential treatment. This plan must include adequate resources to develop and implement a comprehensive system of substance use services, with specific attention paid to the service-delivery needs of Aboriginal youth and families.

 [Download report](#)

 [Download news release](#)

Introduction to Collective Impact Webinar

Thursday June 23rd, 11:30-1:30pm PST

Is your organization interested Collective Impact? Are you considering collaborating with other organizations to change population level outcomes on an issue that is important in your community or region?

If so, you may be interested in attending an **upcoming Introduction to Collective Impact webinar, on Thursday June 23rd.**

[Click here](#) to register.

THROUGH THIS WEBINAR:

- **LEARN** about how a Collective Impact approach can support work across sectors to move the needle on urgent and complex community issues
- **EXPLORE** the types of issues and conditions best suited to a Collective Impact approach, and learn when this approach is not the best fit
- **HEAR ABOUT** lessons and insights from groups and collaboratives working with Collective Impact in BC and beyond

DETAILS:

11:30- 12:00 - OPTIONAL for groups to gather for pre-webinar discussion

12:00 - webinar commences

In addition to being an open learning opportunity, this webinar is a pre-requisite for collaboratives interested in participating in Collective Impact workshops and coaching to be offered in fall 2016 by BC Healthy Communities and Innoweave.

This session has been scheduled as a "lunch and learn" and we recommend if possible to use this as an opportunity to gather with your partners to learn and engage together. We suggest completing

Innoweave's Collective Impact self-assessment and coming together as a group to discuss, prior to participating in the webinar from 12:00-1:30pm ([click here to complete the self-assessment](#)).

**We recommend that you and your partners read the following before the webinar

commences: *Collective Impact*, by John Kania and Mark Kramer. [Click here to access the article.](#)

OPPORTUNITIES AFTER THE WEBINAR:

Once you have attended the webinar, if you determine that collective impact is a fit for your issue and community, you can apply to participate in a supported Collective Impact process offered in partnership by BC Healthy Communities and Innoweave. This process helps groups of different community organizations apply the Collective Impact approach to a shared population-level impact goal. The process includes two workshops staggered over a 4-8 month period, allowing organizations time in between the two sessions to build additional community support, and refine their shared outcomes goals. Following each workshop, groups may also request Collective Impact coaching support. To access coaching, organizations should be clear on the goals that they hope to achieve with Collective Impact and the assistance that they require to develop their strategy for impact, build their collaborative and get ready to implement.

Collective Impact Workshop 1 will be offered in fall 2016. This workshop is designed to help teams of leaders from at least 4-5 different community organizations committed to working on a common issue start to:

1. Articulate and refine population level outcome goals that they wish to achieve;
2. Develop a hypothesis of the activities required to begin achieving those outcomes (e.g. a theory of change);
3. Identify how they will test (and improve) their theory of change;
4. Build a community engagement strategy that ensures key stakeholders and other leaders are part of the change process;
5. Develop a 4-6 month strategy to deepen engagement on the issue, and advance activities to test a collective hypothesis.

If you have any questions, please contact Celeste Zimmer at celeste@bchealthycommunities.ca

Thanks,

The BC Healthy Communities and Innoweave Teams

Warmland Women's Support Services Society is proudly hosting a community event commemorating "Victims & Survivors of Crime Awareness Week" May 29th – June 4th funded by the Department of Justice Canada:

Where: Charles Hoey Park (Duncan train station) Sat. June 4th 1:00-4:00.

Our community event, "The Power of Our Voices", is an Appreciation BBQ and Award Ceremony acknowledging Cowichan Valley social justice champions who work tirelessly to create a safe, accountable, culturally competent and inclusive community. This is a celebration of the successes of our social responders! In recognition of their contribution to our community Justice Canada Certificates of Appreciation will be presented by MP Alistair MacGregor, Cowichan-Malahat-Langford to emergency and first responders, as well as victim support services.

Bring your voice and express gratitude for our service providers whose work improves our quality of life

here in the Cowichan Valley! If you're a service provider, come on out and feel the love... and have an M&M Meats hamburger on us ;-)

The family-oriented event is open to all community members and includes information booths, children's activities and Marimba! Get a free t-shirt or Boston Pizza gift card when you record your story of healing or heroic deed at our "Speakers Corner" video booth! Enter to win free door prizes for family dining! Domino's Pizza slices arrive at 1:30 and Thrifty Foods celebration cake will be served at 2:30 to introduce our appreciation ceremony.

Tobacco Reduction



What is tobacco reduction about?

Reducing the number of people who smoke has positive health, social, environmental, and financial implications. The majority of smokers want to quit and are looking for helpful tools. Though fewer youth are smoking, too many are still starting. While many programs have successfully reduced smoking rates, it remains important to protect all people from second-

hand smoke. One of the most effective ways to keep children and youth from starting to smoke is to provide them with smoke-free environments where they live, play, and go to school.

Why is tobacco reduction important for health and well-being and healthy communities?

The majority of British Columbians are non-smokers: 86% of B.C. residents do not smoke. However, tobacco use remains the single most preventable cause of death and disease in Canada.

- Tobacco use kills approximately 6,000 British Columbians each year, despite B.C. having the lowest smoking rate in Canada
- Exposure to second-hand smoke causes at least 1,000 deaths per year in Canada from lung cancer and heart disease.ⁱⁱ
- Second-hand smoke is the single largest source of indoor air pollution and contains a mixture of nearly 4,000 chemicals – more than 50 of which are carcinogens (cancer-causing agents).ⁱⁱⁱ

Why does tobacco reduction matter for B.C. local governments?

Local governments play an important role in protecting the health of all citizens by taking actions that reduce the harmful impact of tobacco use in communities. Bylaws, policies, programs, and partnerships – such as with health authorities – can help to ensure youth do not start to smoke, assist smokers to quit, and protect people from exposure to second-hand smoke.

Demand is on the rise for smoke-free outdoor public spaces and smoke-free housing options. While the *Tobacco Control Act* sets a provincial baseline for protection from second-hand smoke, many local governments in B.C. have provided greater protection through smoke-free bylaws.

Take Action

- [Policy and Planning](#)(active tab)
- [Processes](#)
- [Partnerships and Programs](#)

Policy and Planning

Implement **no-smoking bylaws** by prohibiting smoking in outdoor public places where people gather, on restaurant and pub patios, in parks and on trails, on local government properties, both the grounds and buildings, and at health care facilities and post-secondary institutions.

The Village of Lumby, in partnership with Interior Health, the University of British Columbia Okanagan, and the Canadian Cancer Society, [passed a bylaw that bans smoking](#) on the Salmon Trail, within 3 metres of bus stops, and in any park or green space including playgrounds, playing fields, spray park, pool, skate and-or bike park or trails.

Support more **smoke-free housing options** through the building approval process for both private- and public-sector housing, giving consideration to the housing security of vulnerable people who continue to be addicted to tobacco. Smoke-free secondary suites in smoke-free houses can also be encouraged.

Ensure new local government buildings **meet LEED smoke-free requirements**.

Ensure most new **public-sector housing is smoke free** (especially complexes that house children), in jurisdictions that have this responsibility.

Processes

Create a broad-based community coalition to build the case for tobacco reduction initiatives and be early adopters and validators of new local government policies. This could include health authority staff, community groups, non-profit organizations, businesses, and others.

Partnerships and Programs

Begin a public education program to build support for smoke-free public places, including smoke-free parks, playgrounds, and playing fields, by posting signs to raise awareness of the community smoke-free bylaw at sites where children and youth play.

Work with health authorities to coordinate bylaws, policies, and programs. Health authority staff are experienced in all aspects of tobacco control.

Work with non-profit and community-based organizations with strong ties to the community to support tobacco reduction and smoke-free policies, and promote smoke-free events.

Host smoking cessation programs at community centres.

Support employees to quit smoking and foster a healthy smoke-free workplace.

Work with retailers to ensure they are not selling tobacco to youth, especially stores that may have a high percentage of youth as customers.

Show Footnotes

ⁱ Health Canada, “Canadian Tobacco Use Monitoring Survey (CTUMS) 2011,” Table 2, 2012, http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/_ctums-... (accessed January 14, 2013).

ⁱⁱ Health Canada, “Health Concerns: Smoke-free Public Spaces,” 2011, <http://www.hc-sc.gc.ca/hc-ps/pubs/tobac-tabac/index-eng.php> (accessed February 12, 2013).

ⁱⁱⁱ World Health Organization, “Only 100% smoke-free environments adequately protect from dangers of second-hand smoke,” news release, May 29, 2007, <http://www.who.int/mediacentre/news/releases/2007/pr26/en/> (accessed February 12, 2013).

PUBLICATIONS

ABORIGINAL DAY
JUNE 21St

Everyone
Welcome!



**Transfer Beach
Amphitheatre
11am to 3:30 pm**

Stz'uminus First Nation would like to invite everybody to Transfer beach and the Amphitheatre to Celebrate Aboriginal Day. The event is designed to instill the pride of the Stz'uminus Mustimuxw (people) and their culture and heritage. We would also like to introduce our culture to our neighboring Non-First Nation Communities, and help build bridges between Stz'uminus and our partners.

There will be cultural demonstrations as follows: Elders teachings, singing, dancing, crafts, local first nation vendors, traditional food and games.



**Merci beaucoup
Canadian Heritage**

**Thank you for your support
Canadian Heritage!**



Thank you to the community of Ladysmith, for once again partnering with the Stz'uminus First Nation to celebrate Aboriginal Day.

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