



Health Matters Newsletter March 4, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports – Putting and End to Child Poverty
- Transformational Change is Possible – Liz Weaver
- One Billion Rising Event
- Parent Information Sessions for Children with Trans Gender Identity
- Dignity Conference in Cowichan
- Upcoming Webinars (Seniors focus)
- Prosocial Information Sheets for Parents



The view you find when hiking the back side of Mount Tzouhalem from Genoa Bay- looking toward Arbutus Ridge and Mill Bay

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** March 3, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** March 10, 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 – March 17 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **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- (Not local but directly related to poverty)

This week's Edition: New report: Putting an End to Child & Family Homelessness in Canada

Campaign 2000, of which First Call is a steering committee member and partner, has been working closely with Raising the Roof Canada for months on this new [report](#) on solutions to child and family homelessness.

Family homelessness is a significant yet hidden part of the homelessness crisis in Canada. While research into this issue is limited, the numbers that are available reflect the extent of this growing problem. Currently, 3.1 million households in Canada are living in unaffordable housing. Emergency shelter use among children and families increased by 50% between 2005 and 2009. One in five children in Canada currently lives in poverty.

Raising the Roof's three-year national Child & Family Homelessness Initiative involved researching national and international promising practices and programs and partnering with eight community agencies to perform 139 interviews with agency staff and family clients. Findings from this large-scale research initiative as well as a national summit have culminated into one final report.

Putting an End to Child & Family Homelessness in Canada includes a proposed framework for addressing the issue, research findings, promising practices, innovative programs and a comprehensive list of recommendations for all levels of government and community agencies.

[Download the report](#)

Transformational Change is Possible

*"Working in complexity can surface some tough challenges, but they are not insurmountable. **Transformational change is possible.**" - Liz Weaver*

In her article, [Transformational Change is Possible](#), [Liz Weaver](#) explains that complex problems require a different way of working. They require intense engagement of a wide variety of influential partners who leverage their collective resources to drive toward outcomes - a little something we like to call **Collective Impact**.

There are five conditions in the Collective Impact framework:

1. Building a common agenda
2. Engaging in shared measurement
3. Supporting the collaborative work through mutually reinforcing activities
4. Keeping partners and the community engaged through continuous communications
5. Ensuring that the collective effort is supported by a backbone infrastructure

So you're meeting all these conditions... what's next?

Transformational change is not easy, but it is possible. In order to create lasting change there are six essential elements that must be present:

1. Practice system leadership
2. Embrace a framework
3. Access community readiness
4. Focus on data and measurement
5. Communicate and engage
6. Ask, *what's next?*

For a more in-depth look at these six essential elements [take a look at the full article](#).

Interested in learning more from Liz Weaver about Collective Impact and getting to possible? Join Liz, along with many other brilliant [thought leaders and guest speakers](#), at the 2016 [Champions for Change](#) workshop in beautiful Halifax, Nova Scotia. [Register today!](#)

One Billion Rising

Starting at noon on Friday March 4th at Duncan City Square in solidarity with 200 countries around the world the Cowichan Valley will rise to say NO to violence against women and girls. One Billion Rising is a call to action based on staggering statistics that 1 in 3 women will be beaten or raped in her lifetime. With the world population at 7 billion, this adds up to more than one billion women and girls violated – one billion daughters, mothers, grandmothers, sisters, lovers and friends. This year's OBR theme is "Revolution" and we envision the revolutionary global movement of men as allies to have a growing presence in the Cowichan Valley. We invite all men of our community – partners, fathers, uncles, brothers, sons to come out and dance with us, speak out and listen with an open heart. Join the event on Facebook Cowichan One Billion Rising: <https://www.facebook.com/OneBillionRisingCowichan>

<https://www.youtube.com/watch?v=gl2AO-7Vlzk>

Parents/ Caregivers of Children who's Gender Expression and or Identity is Creative

Are you a parent or caregiver of a child who's gender expression and/or identity is creative?
Has your child expressed that they identify with a gender other than the one they were given at birth?
Do you want to meet other parents, caregivers, or families that are also navigating how to support and advocate for their gender creative and trans children?

Over March and April, Alyx MacAdams (MSW Practicum Student) and Sarah Pullman (RCC) will be hosting **4 sessions for parents of children and youth (up to 24) who are gender creative, transgender, gender variant, etc.**

The purpose of these free sessions is to:

- create community and build relationships
- share information about resources and strategies for advocacy in schools, health care, with extended family and community, etc.
- determine what supports and services families need, and make these recommendations to [Trans Care BC](#)

Session Dates and Details - no requirement to attend each session

Wednesday, March 9 - 7:00-8:30pm
Saanich Commonwealth Place, Upside Teen Lounge

Wednesday, March 23 - 7:00-8:30pm
Saanich Commonwealth Place, Upside Teen Lounge

Saturday, April 2 - 2:00-3:30pm
Saanich Commonwealth Place, Upside Teen Lounge

Saturday, April 9 - TBD
TBD - *This will be a fun, family friendly, picnic-style event!*

**** Though not required, please RSVP to gendercreativetransvictoria@gmail.com to help us get a sense of numbers ****

Childcare is available for most sessions. Please contact gendercreativetransvictoria@gmail.com for more information

Snacks, Tea, and Coffee will be provided at each session.

Confidentiality will be discussed at each session.

Support for these sessions comes from Trans Care BC (PHSA) and Saanich Parks & Rec!

DISTRIBUTE WIDELY - for more information contact gendercreativetransvictoria@gmail.com

Dignity Conference

Conference coming up in Duncan from May 25th - 27th might be of interest to folks with Aboriginal Health, MHSU, and Public Health programs, as well as Our Cowichan. I know some of the presenters (particularly Dr. Vikki Reynolds and Dr. Cathy Richardson) and they're fantastic presenters who do inspiring work.

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

From the website:
What is Dignity 2016 All About?

Dignity 2016 is about bringing dignity to the forefront of human service and social justice work. At this three-day international conference, speakers from Canada, USA, Sweden, Australia and Aotearoa (New Zealand) will invite you to participate in stimulating conversations on topics related to the fields of social work, counselling, law enforcement, public policy, psychiatry, and activism.

Dignity 2016 is presented in association with The <http://responsebasedpractice.com/> Centre for Response-Based Practice. As such, innovations and applications of Response-Based ideas will underlie many of the core presentations and workshops. The conference will offer attendees without prior knowledge of Response-Based Practice a solid introductory foundation. Those with an existing working understanding of Response-Based ideas will have ample opportunities to further develop and expand on their knowledge base.

While Response-Based ideas are at the heart of many of the presentations, Dignity 2016 is not strictly a Response-Based conference. Presenters of diverse backgrounds will share their unique ways of upholding the principle of dignity in their work, some of whom practice from a Response-Based orientation, while others find inspiration in other traditions and approaches.

UPCOMING WEBINARS / WEBINAIRE À VENIR

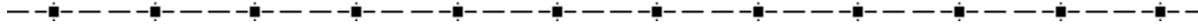
Date/Time	Webinar Title
March 3, 2016 / le 3 mars 2016	<u>Culture, Aging and Mental Health / La culture, le vieillissement et la santé mentale</u>
1:00pm- 2:30pm 13h00-14h00	
March 9, 2016 / le 9 mars 2016	<u>Seniors Reaching out to Seniors: An Elder Abuse Awareness and Financial Literacy Workshop Program for Older Adults</u>
1:00pm- 2:00pm 13h00-14h00	
March 15, 2016/ le 15 mars 2016	<u>Acting across sectors - frameworks for moving forward on the social determinants of health/ Agir de manière plurisectorielle - cadres permettant d'aller de l'avant en ce qui a trait aux déterminants sociaux de la santé</u>
1:00pm- 2:30pm 13h00 - 14h30	
April 7, 2016/le 7 avril, 2016	<u>Health Care Innovation Working Group (HCIWG) webinar - Care at Home for Individuals Living with Dementia</u>
1:00pm- 2:30pm 13h00-14h30	



Prosocial behaviour information sheets for parents

Prosocial behaviour has its roots in infancy and early childhood. Prosocial behaviours refer to voluntary actions specifically intended to benefit or improve the well-being of another individual or group of individuals. Examples of such behaviours include helping, sharing, consoling, comforting, cooperating, and protecting someone from any potential harm.

To learn more on [prosocial behaviour](#) download the [parent info sheet](#) and read the [synthesis](#) from the Encyclopedia of Early Childhood Development.



[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

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