



Health Matters Newsletter May 5, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information- Mill Bay Age Friendly Survey
- JOB Opportunities- (Attached)
 - EPIC Community Stream Project Lead
 - Cowichan Housing Association Admin
- Research Funding Opportunity
- Refugee Mental Health Free on line Course
- Preventing Social Isolation in Seniors Workshop
- Sport for Life Learn to Play Webinar

When mom says your little sister gets the big room- and she means it!



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- June 1 4:30-6:30** Committee Room 2 CVRD
- ✓ **Next Our Cowichan Network Meeting June 8** at **Ramada Silver Bridge**. Light dinner at 5:15 pm
Meeting starts at 5:45 pm.

Community Events- Meetings

- **Next Sobering and Detox Task Force Meeting** May 18, 2017 Room Committee Room 2 at the CVRD
- **EPIC-Community Steering Committee** May 18, 12:00 pm to 2:00 pm Ladysmith Resources Centre Board Room
- **Parent Child Mother Goose** – Attached- We are trying to promote our Saturday program at the Duncan Library, and our evening program at Chemainus Community School.

- **Family Support Night-** Do you know a family that has been touched by the mental illness of a loved one? We are pleased to inform you of our Family Support Night, and a special guest next Monday at 7:00 pm who will describe what it is like to be diagnosed with a mental illness, and tell us how we as family members can best support our loved ones who are in a similar situation. Questions will be answered. We encourage you to share the attached poster with anyone who would benefit.

Danita-Vancouver Island Regional Manager
British Columbia Schizophrenia Society
#1100 – 1200 West 73 Avenue
Vancouver, BC V6P 6G5
Email: vimanager@bcss.org
Phone: 250-709-2985
Toll Free: 1-888-888-0029

www.bcss.org

- **Hospice- Walk To Remember- May 7 10 am at Providence Farm-** Poster attached

Local Data and or Research-

Preventing Social Isolation in Seniors

Wednesday, May 10th, from 10:30 – noon

Duncan United Church, 246 Ingram Street 250 746-6043 www.duncanunited.org

This hour long presentation defines the issue of “social Isolation” in Canadian seniors and describes a new community program operating in Nanaimo. The negative effects of social isolation on physical and emotional health and spiritual wellbeing will be explored and participants will learn how to recognize seniors who are socially isolated and respond with helpful strategies. This workshop will be of interest to clergy, members of the congregation and pastoral care personnel.

There is no charge – donations are gratefully received.

VIU Research Funding Opportunity

There is a new regional initiatives (research) fund at VIU. Applications are due May 15th and October 15th. The essence of it is that it’s matching funding and must have at least one VIU student in a paid capacity. As well, I think there needs to be a VIU Faculty identified. It’s a new funding initiative championed by the University President.

If you have any ideas/ questions contact:

Nicole Vaugeois

AVP, Scholarship, Research and Creative Activity

250-740-6291

nicole.vaugeois@viu.ca

Call for Proposals

VANCOUVER ISLAND UNIVERSITY: REGIONAL INITIATIVES FUND

PROGRAM DESCRIPTION

The Regional Initiatives Fund (RIF) is an initiative undertaken in partnership between Vancouver Island University (VIU) and the Province of British Columbia to enable communities of Vancouver Island to collaborate on projects that develop scholarly connections through meaningful student involvement in community-based applied research that directly respond to community needs, that promote innovative and sustainable solutions to those needs and that benefit regional initiatives relating to lands, people, and sustainability with a particular interest in supporting Indigenous communities and projects. Specifically, the fund is intended to empower student involvement in the following applied research themes:

- Sustainable land use initiatives
- Sustainable food system protection and development
- Sustainable built environments
 - Indigenous Economic Development
 - Management, conservation, and sustainable modification of natural environments
 - Innovative tourism and recreation development initiatives
 - Conservation of the natural environment
 - Protection of fresh water
 - Economic Sustainability
 - Marine and coastal environment

ELIGIBILITY

The Regional Initiatives Fund (RIF) requires active participation and investment by public, private and community entities. Potential projects that fit the defined themes of the Regional Initiatives Fund can be identified by community entities, VIU students, and/or faculty. All proposals must show “buy in” by the community entity and, where possible, private sector support. Proposals must provide evidence of this ‘buy in’ within the budget and with support letters confirming commitments to the project by all partners. Projects that have been initiated prior to the call for submissions are not eligible for funding.

PROJECT FUNDING

The RIF provides grants of up to \$20,000 for a one-year research project. All funds must be matched 33/33/33 between the RIF fund, the community partner (cash support) and VIU (in kind support).

Monies can be applied to the following costs:

- Students research assistants (all projects must have a minimum of 1 VIU student involved in a paid capacity)
- Stipends for community researchers
- Project-related travel
- Equipment, if integral to the research
- Research time stipend for the principal investigator. Maximum equivalent of one section (budget estimated is \$13,880) on projects with a minimum project budget of \$20,000 (so a project with \$10,000 from RIF and \$10,000 from the community partner could allocate \$13,880 towards one section release within the budget).
- Other direct research expenses (supplies and materials)

Ineligible costs include: staff training, general operating or overhead expenses and other indirect costs.

VANCOUVER ISLAND AND COAST: REGIONAL INITIATIVES FUND PROPOSAL FORMAT

All proposals must include:

1. A proposal cover page indicating the title of the project, the community entity, the principal investigator, and the start and end date of the proposed project.

2. A research proposal (maximum 7 pages) that:
 - a) Describes the problem or issue that will be addressed in the research, with supporting evidence;
 - b) Describes the goal and objectives of the proposed research and the intended outcomes of the project;
 - c) Explains the relevance of the project to the community partner and to the Vancouver Island and Coast region;
 - d) Identifies the methods that will be used to undertake the study;
 - e) Clearly identifies the project team members, their skill sets that contribute to the project and their roles in the research.
 - f) Identifies the number and type of VIU students that will be engaged in the project and the benefits they will gain from involvement in the research;
 - g) Includes letters of support from collaborators specifically stating how they will support the work and their commitments (cash and in kind) to the research;
 - h) Outlines the plan(s) to mobilize the knowledge gained in the research project, with particular emphasis on sharing with community partners and the broader region;
 - i) A signed Institutional Signature Sheet (ISS) showing commitment of VIU in kind support of faculty and students.

1. Detailed budget and justification (maximum 2 pages) that clearly identifies the funding requested and the community/VIU cost sharing. Community and VIU partners are required to match the RIF funding request whereby 1/3 of the project costs are borne by the community partners as cash and in kind contributions, 1/3 of the project costs are borne by VIU as in kind contributions (see list) and 1/3 of the costs are borne by the RIF fund.

2. Additional supporting materials such as curricula vitae of project staff (maximum of two pages per investigator), bibliography, project schedule, letters of support.

APPLICATION DEADLINE:

The call for RIF funding is released 2 x's annually on April 10th and September 10th until the \$250,000 funding has been allocated. Applications are due on May 15th and October 15th with results announced two weeks following submission.

PROPOSAL REVIEW PROCEDURES

Proposals are evaluated by a panel selected by the Scholarship, Research and Creative Activity Office including the Community Liaison Officer and Grant Facilitator(s), one Elder, and 2 faculty members at large. The selection panel will be chaired by the AVP Scholarship, Research and Creative Activity. Occasionally, proposals may be distributed to additional expert reviewers selected by the panel. The decisions of the panel are final. However resubmissions that address key feedback addressed in the review are allowable in the following year.

EVALUATION CRITERIA:

- * Significance of the proposed research to the region: 50%
- * Quality of the research approach and team 30%
- * Strategy to mobilize the knowledge that emerges 20%

VANCOUVER ISLAND AND COAST: REGIONAL INITIATIVES FUND SUBMISSION CHECKLIST:

The proposal meets the submission criteria as laid out in this Call for Proposals. (Proposals not meeting these criteria will not be further evaluated and will not be funded. This includes length of proposal, presence of requested signatures, and eligibility of requesting institution, presence of budget and description of role of all project team members.)

The significance of the proposed research to the Vancouver Island and Coast region is clearly articulated.

- The proposed research aligns with the themes of the RIF.
- The project is clearly described, the problem well defined, and the research objectives clearly stated.
- The project is designed to be successfully completed within one year.
- There is sufficient review and inclusion of relevant literature.
- The proposed methodology is appropriate and the investigative procedures clearly explained.
- The outcomes, impact and deliverables are specifically and clearly identified.
- The budget reflects equal participation and commitment from the community entity, VIU and the RIF.
- The proposal includes firm commitments (letter of support) from all partners.

For inquiries about the RIF, call or email: Nicole Vaugeois AVP, Scholarship, Research and Creative Activity

250-740-6291

nicole.vaugeois@viu.ca

A budget template has been prepared for applicant use if needed. A draft VIU in-kind evaluation guideline is available for reference. Submissions can be emailed as a single PDF to: SRCA@viu.ca

Refugee Mental Health: Free Online Course from CAMH

A free online course sponsored by the Centre for Addiction and Mental Health (CAMH), Refugee Mental Health: Focus on Syrian Newcomers opens today.

May 3 - June 14, 2017

July 19 - Aug 30, 2017

This course runs for a period of six weeks. During this time, you will have access to the online course materials 24 hours a day, 7 days a week, to complete the course at your own pace. There are two versions of the course. One is tailored to the needs of settlement workers and social service providers and the other to health care providers.

For more information, please read the information and Frequently Asked Questions on the website. Course participants will also receive access to the national online Community of Practice (CoP), resource toolkit, monthly webinar series and other project activities.

<https://www.porticonetwork.ca/web/rmhp>

Sport for Life-RBC Learn to Play Webinar: Parent Engagement



Greetings,

The RBC Learn to Play project is in its third and final year. We will be hosting a five-part [Sport for Life-RBC Learn to Play webinar series](#) in the coming months. The first webinar, titled "Parent Engagement," will take place **May 8, from 1-2:30pm EDT**.

Often practitioners are looking for ways to engage and educate parents about quality sport, physical literacy, and Long-Term Athlete Development. This webinar will provide some strategies and resources to engage and help parents understand the added value of programs that integrate quality sport and physical literacy. In addition, a list of what good physical activity and sport programs for children and youth look like will be shared.

[>>REGISTER](#)

If you have questions, please contact Tyler Laing, Sport for Life Communications Coordinator: tyler@sportforlife.ca.

Thank you very much,
The Sport for Life-RBC Learn to Play team



[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 Newsletters