



**Health Matters Newsletter
February 11, 2022
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- Resources are stretched please be patient when seeking booster shot or testing
- New Census Data- We are Growing
- Donation Request for Cowichan Women Against Violence
- Look into Child Poverty Report Card for BC
- Demystifying Mental Health Act Webinar
- Coldest Night of the Year- Join the Event
- Extra Help and Resources Available for Flood Victims
- 12th Annual Donor Breakfast for Cowichan Green Community



It's that time again... Welcome snow drops

- ✓ Next Admin Committee Meeting **March 3- 4:00 pm** zoom call
- ✓ Next Our Cowichan Network Meeting **Postponed until April 14**
- ✓ Next EPIC Committee Meeting- **February 17, 2022, 1:30 pm-3:00 pm** zoom call
- ✓ Cowichan CAT – **February 24 2022, 10 am -noon** contact Leah Vance Leah Vance leahlvance@gmail.com for access

Omicron Continues to Circulate Please GET Vaccinated

Resources are being pushed to the limit. Please be patient with accessing vaccination appointments and COVID testing.

In the event that there are no vaccine appointments showing on the booking site you can return to the site at a later time and more appointments will be opened up. (*Not all appointments are placed on the site daily and are done in increments*). Pharmacies may only post openings a few days in advance. More appointment openings are updated daily so please keep checking.

[B.C.'s response to COVID-19 - Province of British Columbia \(gov.bc.ca\)](https://www2.gov.bc.ca)

Everyone 18 years and older will be invited to get a booster dose of the COVID-19 vaccine, starting with people most at risk.

- [Learn about booster doses](#)



Saturday, Feb. 26: ❄️ [The Coldest Night of the Year](#),

a national family-friendly fundraising walk to support unhoused and hungry people, will support the Canadian Mental Health Association's efforts to establish a space and support for youth without a home in the Cowichan region.



New Census Data: We are Growing

The population of the Cowichan Valley Regional District grew by 6.3 per cent between 2016 and 2021, according to [new census data](#). More than 89,000 people now call the region home.



Donation Request from Cowichan Women Against Violence society

CWAV [is asking for](#) donations of new and gently used household and personal items for Charlotte's Place Women's Shelter. Donations can be dropped off at the shelter, located at 222 Cowichan Way.



A Look into BC 2021 Child Poverty Report Card

Please join us for a deeper look at our [2021 BC Child Poverty Report Card](#) and what we can learn about child and family poverty across the province.

Led by the report's co-author and First Call's Executive Director, Adrienne Montani, this webinar will explore

- provincial and regional data;
- stories illustrating the impact of family poverty; and
- recommendations to all three levels of government on how to reduce child poverty.

When: February 23, 2022 | 9:30am -11:00am

Where: Via Zoom

Please RSVP to info@firstcallbc.org and we will send you the Zoom link.



Demystifying the Mental Health Act Webinar

BC Mental Health and Substance Use Services has launched a Concurrent Disorders Webinar series that might be of interest to people.

RSVP link can be found here: https://phsa.zoom.us/webinar/register/WN_qQ-thpf9TOinQTKrQ5UrEg

The next webinar will be on **Demystifying the Mental Health Act** and takes place via Zoom on **Tuesday, February 22nd, 12:30-2:00 p.m. PST**. The panelists are Dr. Vijay Seethapathy (psychiatrist and Chief Medical Officer at [BCMHSUS](#)), Kendra Milne (lawyer and Executive Director at [Health Justice](#)), and it will be hosted by Victoria Maxwell, a person with lived experience of being certified under the Act. This will provide a clinical, legal, and lived experience perspective of the complex Act.

More info about the next webinar:

Demystifying the Mental Health Act: On February 22nd, 12:30-2:00pm, BC Mental Health and Substance Use Services is hosting a webinar to deepen our understanding of the Mental Health Act, which allows healthcare providers to involuntarily admit and treat people with serious mental health issues who pose a risk to themselves and/or others. This is an opportunity to unpack and understand how the Mental Health Act is applied from medical, legal, and lived experience perspectives.

About the [Concurrent Disorders Webinar Series](#): This is a quarterly event designed for patients and families, by patients and families. It is a welcoming space for all patients and families interested in learning about topics related to complex and concurrent mental health and substance use disorders.

About [BC Mental Health and Substance Use Services](#): We provide highly-specialized care to people with severe mental health and substance use (MHSU) disorders, people in custody, and people referred by court for mental health assessment or treatment across British Columbia.




All topics are determined by the people with lived experience on BCMHSUS's Health Literacy Working Group. Webinars will happen every three months and will focus on important topics, such as trauma-informed care, disrupting stigma in health care, pharmacology, and more. The first webinar on Trauma-informed Care in November 2021 was very well-received. The recording can be found [here](#).



More Help Available for Flood Victims

If you know of any community members who are still displaced and/or struggling due to the recent flooding, United Way has generously supported the Cowichan community with SuperStore gift cards and gas cards. Please connect with Judy Stafford, Executive Director, Cowichan Green Community for support.

Judy Stafford
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Community

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Health Matters Newsletter

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 Friday Newsletter