



Health Matters Newsletter
January 13, 2023
Today's Health Matters Includes:

- OCCHN Meeting Schedules
 - Community Meetings
 - Honouring Women's Voices Discussion and Reflection Event- Attached
 - Island Health Granting Opportunity- Mental Health Resilience and Safety Grants Deadline January 18
 - It is Time to Get Your Questions Submitted for Our Health Our Community Survey
 - Our Health Our Community Virtual Town Hall
 - Community Fundraiser
 - Mental Health and Substance Use Scholar in Residence Opportunity
 - Coldest Night of the Year Registration is Open
 - Eating Disorder Awareness and Prevention Webinar with Janet Krenz
 - A guide to Building Resilient and Sustainable Collaboration- Tamarack
- Don't let the rain in January bring you down. It is a perfect time for coffee with an old friend!*



Community Meetings

- ✓ **Next Admin Committee Meeting** February 2, 2023
- ✓ **Next Our Cowichan Network Meeting** February 9 Location to be determined – IN PERSON
- ✓ **Next EPIC Committee Meeting-** January 19, 2023, 1:30 pm-3:00 pm zoom call contact Cindy cindylisecchn@shaw.ca for access
- ✓ **Cowichan CAT –** January 26th, 2023, 10 am-12:00 contact Leah Vance leahlvance@gmail.com

Omicron and the Flu Continues to Circulate

Please GET Boosted

Vaccination Clinics are open again at the Cowichan Community Centre and local pharmacies for **Flu and COVID** Vaccines.

Island Health Mental Health Resilience Safety Grant

Tell us your ideas for innovative ways to keep your community safe and healthy.

You could receive up to \$50,000 towards initiatives which address the toxic drug crisis, and support youth resilience and mental well-being.

<https://www.islandhealth.ca/learn-about-health/mental-health/resilience-and-safety-grants>

It's Time to Submit Your Questions for the Our Health Our Community Survey

On behalf of the [Our Cowichan Communities Health Network](#) (Cindy Lise cc'd here), I am reaching out today regarding the forthcoming Our Health, Our Community (OHOC) survey for the Cowichan Valley.

As you may have heard, Our Cowichan Communities Health Network and Island Health are working with those living in the Cowichan Valley to develop a region-specific population survey for 2023. This survey will collect local-level data on the health and wellness of Cowichan Valley residents. The data collected will be used to support local evidence-based decision-making around health and wellness planning, policy, and services.

To ensure this survey and its results are relevant to the needs of Cowichan Valley residents, we are asking the community for input on the survey questions. Accordingly, we invite your organization to share your health and wellness question suggestions with our team. What information could your organization use that would allow you to improve local services, programs, and policies?

How to submit your question suggestions:

- Fill out and submit the attached Question Submission Form on behalf of your organization (or department) to vanessa@daether.ca by 5pm on January 25, 2023.
- Attend one of two Virtual Town Halls where we will discuss the survey and possible questions to include. To register, email: vanessa@daether.ca.
 - Jan. 16 from 1pm-2pm PST (Zoom)
 - Jan. 19 from 5pm-6pm PST (Zoom)

For more information, reach out to Cindy Lise or me, or check out our website for ongoing updates: <http://www.ourcchn.ca/surveys>

Thank you for your support (and feel free to share this email with your networks)!

YOU'RE INVITED!

Our Health,
Our Community
Survey

Virtual Town Halls

Jan. 16 - 1pm-2pm

Jan. 19 - 5pm-6pm

Join in via Zoom!



Our Cowichan Communities Health Network and Island Health are preparing to host a Cowichan Valley health and wellness survey.

To ensure this survey is relevant to our community's needs, we want your question suggestions.

What should this survey ask?

Attend a Virtual Town Hall to learn more and share your survey question suggestions.



To register, email vanessa@daether.ca or call 250-715-8572.

JANUARY
21



St Peters Syrian Fundraising Dinner For The Yasmin Faris Family

St. Peter Quamichan Church Hall
Saturday, January 21st at 5:30pm

PLEASE COME AND SUPPORT THE FARIS FAMILY AS THEY SEEK HELP TO
BRING THEIR RELATIVES FROM A REFUGEE CAMP IN ZATARI CAMP IN JORDAN

For more info and tickets (\$20)

Call (250) 746-6262 or email admin@stpeterduncan.ca

United Church Saturday Jan 28, 2023 9:30 to 2:30

We have a huge trove of books which will be sold by donation. Come and find your winter reading treasures.



At the same time you will be helping reunite a Syrian family. Yasmin Faris and her family are currently in a refugee camp in Jordan living

Coldest Night of the Year 2023 Feb 25th

We are so excited to participate in Coldest Night of the Year again this year - we had so much fun last year! We hope that you will join us as we raise funds to create a safe space and programs for homeless youth. [Registration is now open.](#)

During Coldest Night of the Year, we are raising funds to create a safe space and programming for homeless youth. There is currently no shelter available for homeless persons under 18.

The Cowichan Valley has an estimated 300+ individuals that are unhoused, precariously housed (couch surfing, living in vehicles). As housing becomes more scarce and less affordable, these numbers are increasing. **Many of those individuals are youth.** At a time in their lives when they need stability, direction and support, they have none. Some have aged out of care, left unhealthy family situations, some have disabilities and many have trauma we can't imagine. Some turn to substances to ease the pain.

How can we help? We can start by providing a safe place for youth to drop in. We can start by listening while we provide the basics such as a warm meal, medical attention, a warm shower and some clean clothes. We can learn about what they need and direct them to other resources in the community. In a perfect world, we could provide shelter or at the very least a referral to shelter. We can provide the vital connection needed to change the course of their lives.

[Sign Me Up for
#CNOY23](#)

Eating Disorder Awareness and Prevention

Hosted by Youth2020

Free. Open to Cowichan Service Providers Network members

You are invited to join Janet Krenz BCSC Registered Dietician for an eating disorder awareness and prevention. In the shadow pandemic of eating disorders have seen a dramatic increase and are presenting more than they have seen over the past couple of years, especially in youth.

The session will be on **February 7th at 11am-12:30** Community members in Cowichan and across the Island along with our other Youth 20/20 hubs are welcome to attend.

Topics will include

- Types of Eating Disorders (ED) | Risk factors | Signs & Symptoms
- Helping youth with suspected ED | ED supports & treatment
- ED prevention | Resources

For more information, please contact Holly at youth2020cowichan@gmail.com or Janet.Krenz@islandhealth.ca

Join Zoom Meeting

<https://islandhealth.zoom.us/j/67884229588?pwd=THpJbXJYbHAvZGxhUXFJQlB3Mnd5dz09>

Meeting ID: 678 8422 9588 | Passcode: 010170

One tap mobile 833-955-1088,,67884229588#,,,,,0#,,010170# Canada Toll-free

A Guide for Building a Sustainable and Resilient Collaboration

Is your collaborative grappling to understand what sustainability and resilience means to your work, and what needs to be sustained or nurtured? Or perhaps you are exploring what strategies or systems changes your collaborative wants to sustain? Maybe, you want to better understand how to build a strong and healthy collaboration?



The Tamarack Institute, as part of the work of Communities Building Youth Futures, has developed [10: A Guide for Building a Sustainable and Resilient Collaboration](#) to unpack the concepts of sustainability and resilience and share ideas, stories and resources that will benefit collaborations as they consider them.

Sustainability involves many factors, including leadership, funding, community engagement, and the ability to influence policy and systems that lead to program or a collective impact. These factors fall under four main categories of people, resources, process, and impact.

Resilience is about building a collaboration's capacity to shift, adapt, and change, and is also focused on the overall health and well-being of the collaboration and the community.

Sustaining cross-sector collaboratives and the strategies they design is work that everyone who supports the collaborative must share.

This resource is for anyone connected to a collaborative effort including individual members of a collaborative table, members and backbone leaders connected to a Collective Impact initiative, investors and funders of collaborative efforts, board members who hold governance authority related to members of a collaboration, and individuals who are simply curious about collaboration.

The guide has been designed to broaden our collective thinking about the factors that contribute to sustainable, resilient, and impactful collaboration. You will find sections that:

- define the key terms;
- explore the factors relevant to creating a sustainable collaboration and the practices that build resiliency in collaborations;
- provide ideas and resources that will supplement thinking and action;
- explore questions for funders and collaboration tables to consider; and
- share community stories about collaboration efforts and the lessons they have learned tied to their sustainability and resilience.

Learn More About Building a Sustainable and Resilient Collaboration

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