



Health Matters Newsletter September 1, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- OCCHN 2017 Small Grants Calls for Proposals
- Housing First 101
- Suicide Prevention Workshop
- Community Change -Turf, Trust, Co-Creation and Collective Impact
- September UBC Learning Circle



There are no words to describe this incredible sunset encounter

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- September 7, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at September 14 Ramada Silver Bridge.** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting September 21, 9 am-11am** Meeting Room 213 at the CVRD
 - **EPIC-Community Steering Committee** September 21, 1:30-3:30 Ts'i'ts'uwatul 'Lelum 5755 Allenby Road- Duncan, BC
 - **Housing First 101 September 15 Providence Farm- See information re: registration below**
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Local Data and or Research- no current updates

OCCHN Calls for Proposals for 2017 Small Grants

Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of \$2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well-being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships. Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities' future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

Project focus:

OCCHN small grants are designed to meet a specific need or a specific project that would not otherwise be able to happen or would be significantly impacted without funding.

Through strategic planning OCCHN has identified 5 priority areas.

- **Children and their families aged 0-6** including prenatal care, maternal health, nutrition, early childhood development, role of fathers, social supports, physical literacy
- **Promotion of good health** including nutrition, physical activity, environment, social supports
- **Elderly** including home support, housing, caregiver support, mental health, healthy aging, social supports
- **Identifying causes and prevention of chronic illness** including mental health, alcohol consumption, smoking, respiratory, diabetes, circulatory/ heart disease
- **Poverty /Economic Status** including education, employment, living wage, poverty reduction

Projects addressing these priorities will be given first consideration.

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the 12 determinants of health will be accepted for review.

Application templates and supporting documents are available on our website www.ourcchn.ca or contact Cindy Lise at cindylisecchn@shaw.ca. Applications will be accepted up to noon on September 30, 2017. Funding announcements will be made by October 15, 2017 or sooner.

- 1 copy must be submitted by email to: cindylisecchn@shaw.ca
- 1 hard copy must be mailed to:

Our Cowichan
PO Box 20106
Duncan BC,
V9L- 5H1

Housing First 101 Workshop- Registration Deadline Sept 5

Monday, September 18, 2017 – 8:30 am to 4:30 pm.

Providence Farm Chapel

1843 Tzouhalem Road, Duncan, BC

Housing First is a recovery-oriented approach to homelessness that involves moving people who experience homelessness into independent and permanent housing as quickly as possible and then providing them with additional services and supports as needed. Housing First has been shown to: increase housing stability, improve quality of life, and improve health and addiction outcomes, reduce involvement with police and the justice system, reduce costs associated with justice system and health expenditures and reduce hospitalization and emergency visits. Participants will gain an understanding of what Housing First is, how this approach can help to house individuals successfully, what is needed for Cowichan to implement this approach, and how this approach can benefit the whole community.

Seating for this event is limited and we ask that you RSVP by September 5th to admin@cowichanhousing.com.

Agenda to follow.

Suicide Prevention Information Session

On September 11 Judy North will be giving a FREE suicide prevention info session at the library in Duncan. This talk is geared for the general public and should be quite useful to anyone who has questions or curiosity on the topic of suicide. Please circulate the attached poster as far as possible.

Thanks very much!

Dave Ehle

Program Co-ordinator, Child and Youth Mental Health Team

Community Change -Turf, Trust, Co-Creation and Collective Impact

I've been fascinated by the topic of trust over the past year and have immersed myself in learning from researchers, practitioners and from my own experience about how trust is built and its connection to effectiveness in achieving community change.

Authentic community change moves at the speed of trust. And yet, we spend so little time on intentionally building trust amongst partners. Today we're releasing my latest paper titled [Turf, Trust, Co-Creation and Collective Impact](#), which explores the intricacies of trust, how to build it and what to do when trust is broken.

In this paper, the third in our series leading up to the [Community Change Institute](#), I've shared some stories, a lot of research, and a plethora of helpful tips to equip you and your colleagues to focus on building trust with each other and with your partners.

[Read the paper](#)

This series of papers culminates at the [Community Change Institute](#) – a five day learning experience focused on the theme of **Cities of the Future: Co-Creating Tomorrow**. This learning event is specifically designed for people like you who are working towards building a better future for the community around you. It offers a blend of inspiring keynotes, workshops, hands-on tools, and city experiences with a focus on creativity and learning.

The Community Change Institute is taking place in **Vancouver, BC** from **September 25-29**, and registration is quickly filling. If you are looking for the latest in community change – for new ideas and hands-on tools – and to network with other community changemakers, this learning experience is for you. [Learn more and register](#).

We hope you can join us there.

Feel free to share this paper with your colleagues. If you want to go deeper, I'll be coaching people through one of the tools for building trust mentioned in this paper at the Community Change Institute.

All the best,

Liz Weaver
Vice President & Director
Tamarack Institute

September 2017
UBC Learning Circle

Welcome to our September 2017 issue!

Our Summer is coming to an end and we're all ready for a brand-new season of online webinars and videoconferences!

Our FREE webinars or videoconferences are the perfect way to access the up-to-date information and key learnings you and your community may need without using your entire training budget. In addition, you'll receive a recording of the webinar that you can share with your entire team.

You can view all of our sessions from the comfort of your own home or office, through webinar or videoconference. For more details on system requirements, please see [here](#).

Check out our upcoming sessions

1. Raising Resilient Children



Date: Tuesday, September 12, 2017

Time: 10:00 am – 11:30am (PST)

Place: video conference OR internet webinar

Registration: required to participate

**For more Information
or to Register!**

2. Postpartum Care



Date: Monday, September 18, 2017

Time: 10:00 am – 11:30am (PST)

Place: videoconference OR internet webinar

Registration: required to participate

**For more Information
or to Register!**

3. Fall Harvest Menu



Date: Tuesday, September 26, 2017 (PST)

Time: 10:00 am – 11:30 am

Place: video conference OR internet webinar

Registration: required to participate

Do you have something to share?
Send it to cindylisecchn@shaw.ca and it will be included in the weekly

Health Matters Newsletters

