

**CHECK UP**

March 1, 2013

 Hello Everyone,

 Happy March!

These waterfalls are located on the Chemainus River approximately 5 kms behind the Red Rooster. A short walk takes you to a sunny riverbed that is perfect for a visit any time of the year.

**Important for All CCHN members... Please send an email to Cindy and let her know if you are vegetarian and if you have any allergies. This helps immensely when planning network meetings and the light meals. Thank you for your reply by March 6th at the latest.**



**Meetings**



**Upcoming Events/ Workshops/ Community Meetings**

* **Patient Voices Determinants of Health Webinar-** I have registered for both webinars. If you are interested in participating as a group or joining me as I view these please contact me.

**March 6, 12:00 to 1:00pm (PST):** Creating a Sustainable Health Care System: The Impact of Social Determinants of Health

**March 13, 12:00 to 1:00pm (PDT):** Health Care System Change: Barriers and Opportunities **[Reserve your spot.](http://patientvoices.us1.list-manage2.com/track/click?u=d1d2e9f5af38684626b6c2280&id=4fc2a9d9b8&e=e816ff589a" \t "_blank)**



**Connecting the Dots..... (New Section)** *As the facilitator goes out and engages in conversations or attends meetings in the community important information is learned along the way that may benefit or be of interest to Network Colleagues- A synopsis of conversations will now be shared in the connecting the dots section.*



**Connecting the Dots- Transportation**

**Meeting with Volunteer Cowichan**

Volunteer Cowichan has been providing handyDART Services for many years (since 1982). The system is effective but also has many barriers and can use some changes. 50% of the initiative is funded by the CVRD and 50% of the funding is covered under BC Transit. Volunteer Cowichan supports transportation needs from the Malahat to Saltair and from Maple Bay to Lake Cowichan.

The goal is to move from a service that provides extensive support to few to being a service that can provide “just in Time” service for many. It is hoped that with an increased number of vehicles and drivers available citizens who require transportation will have access to it when they need it. It is possible that residents may have options to transportation needs that will be free, nearly free or fee based depending on their requests. It will move transportation out of the strict guidelines that govern the system at this time.

1. Volunteer Cowichan has created a Social Enterprise business in order to sustain and maintain the work it does. The handyDART system will now be called Oak Transit. The goal is to also bid on BC transit services and be the provider of transit for the region- 1 for special purposes and 2 for general every day use. (There may be a combined system of Transit services delivered to Cowichan Residents by Cowichan Agencies. Public transit divides in to custom transit, of which handyDART is one form and at this time there are no other formats in the CVRD. The other is conventional transit (regular bus service). Volunteer Cowichan hopes to bid on becoming the conventional transit service operator when it becomes available)
2. Volunteer Cowichan is also working on an innovative project to connect with all agencies and programs within the region that provide some form of transit. Examples would be Clements Centre, Just Jakes, Schools, seniors programs, Cowichan Tribes etc. The goal is to determine what transportation resources are available and rent them out or have them provide services in times when they would be normally sitting idle. The overseeing of the project would be done through the Oak Transit system. Profits for vehicle rentals would be shared with the owner of the vehicle and in a small way Volunteer Cowichan. The drivers and scheduling would be provided by Volunteer Cowichan.
3. Car Share or Car Rental... a future project under investigation

**Relationship to CCHN**- Would like to work with CCHN to be able to compile transportation data together. This would include information from CVRD, BC Transit, existing programs such as Volunteer Cowichan HandyDART and others providing information. Gathering information from residents about what their needs are would also provide helpful information in providing a better transportation system.

Volunteer Cowichan has mapping expertise and capacity to host community information sessions as well as engage in analysis of this work.



 **Connecting the Dots- Sistering Project Diversity and Inclusion Workshop**

Tuesday February 27, 2013- Duncan United Church

**Overview:**

**The Sistering Project is coming to a close after two years. The initiative was designed to increase women’s participation on committees, advisory groups, and boards of directors. Today’s workshop was to discuss ways to ensure diversity and inclusion in your organization.**

**Synopsis:**

* Diversity has many layers and includes, race, religion, gender, regional location, age, economic status, gender identity, interests, cultural beliefs and more.
* Inclusion is to provide a safe and welcoming environment for engagement for the diversity of each individual.
* How do we ensure Diversity-
	+ To look beyond what we have traditionally done in the past
	+ To remove stereotypes
	+ To have a strength based approach
* How can we be inclusive?
	+ Ensure that policies are in place
	+ Be open to diversity
	+ Build Trust
	+ Terms of Reference
	+ Means to resolve conflict if it should arise

**Outcomes for CCHN:**

* To review our policies on a regular basis for inclusion and ensure we are inclusive
* To expand our membership matrix where applicable
* To think beyond regions and organizations but to also look at richness of diversity regardless of the organization or regional location of members.
* Look at definitions of Diversity through resources such as GBA- (Gender-bases analysis plus) as a means for examining the intersection of gender and other identity factors. GBA is a method for collecting and reviewing data in an unbiased manner.

**Resources:**

1. ***Bringing Stories To the Street***- Handbook and Resource Guide published by the Cowichan Intercultural Society- Will be kept on file at CCHN office
2. GBA- Gender Based Analysis Plus [www.swc-cfc.gc.ca/pol/**gba**-acs/index-eng.html](http://www.swc-cfc.gc.ca/pol/gba-acs/index-eng.html)



**Children’s Mental Health.**

**In light of the opening of our new Mental Health Facility the arrival of this request for support for children who suffer from mental health issues was timely. It makes me ask the question... What do we offer children here in the Cowichan Region?**

**Last month, my 11 year old daughter Jeanette\* was sent home from the hospital in the middle of a mental health crisis.** She was hurting herself and her family. We begged the nurses to let her stay but still the hospital sent us away.

Jeanette has bipolar disorder. Kids with bipolar can have sudden episodes of extreme depression or violence toward their families. **They can try to hurt themselves and some even attempt suicide.**

When Jeanette has an episode she knows she needs help -- but three times this year Victoria General Hospital sent her away while she was still in crisis. **That's when my husband and I learned our hospital and almost all others in BC don't provide emergency in-patient care for children having serious mental health crises.**

After being sent away for the third time, our family came home and started this petition together on Change.org. [**Please support us in demanding that all BC's hospitals start providing emergency, in-patient, mental health care for children like Jean ette.**](http://email.change.org/wf/click?upn=L4wUyO6b13sjdmUXmXaF3E2AnSYAVVsRb3tqu54giIJSkPq8swKkeCPw626aNhPh1d4mMCRnXTVYWh5xkORz4F3rmutelHn4bspsgMiuwr1I6DDb2GRa6J5406D8tccim1RWB8seF7834AL9WkL3yLRxcsr6cIRCnTYdgTGqzZ0o9OFlnwZWdsJ9O6DW-2B7WRzYGf1HXAQU7z1aQds5M5lolg4w59EFGagdrBzb2I4ZvLl7cHdnfkaN9Vyt3brdrXeYZtkHnH-2BzQay-2FTfSAbIkg-3D-3D_Q2MwtJRdAXaEUrdjaAyw4gJq9SKKM86HU0AvCIRnjGVMeYT8DD2-2Fj72SjM-2FtXJmTVwbFjrK0-2F2nNxSAVAzbTHk0gV0NbrVustbInmyKQPQ-2BSlFbmpx1c1Y4b-2B3i4ykny-2B0H607VGCyA5uRuK5GV4oZUJDrtKc7nRjEsUvn3Wk1CrSoll-2F-2FFoEQgyAzovoJZhm-2BVMAPPhdU4PI-2B1bXDJ-2Ba6h7nT8-2BDR18vCUM31OXa64JZklUBFMoSynMmMVvZcChILkcq4s2ORb-2BHrnDUJrN6w-3D-3D)

Since we started our petition messages of support are pouring in. **We're learning thousands of families and children across the province are feeling abandoned by BC's health system too.**

The good news is, we already know the government is listening. After we launched our petition the BC Minister for Children acknowledged the challenges families like ours are facing. Next month, we'll be meeting with other families from across the province to deliver your signatures to the Minister for Children and the Health Minister. **With the provincial election coming up we need to act quickly while we have the government's attention.**

[**Click here to sign our petition to make sure the government commits to providing emergency mental health services for children in all BC's hospitals.**](http://email.change.org/wf/click?upn=L4wUyO6b13sjdmUXmXaF3E2AnSYAVVsRb3tqu54giIJSkPq8swKkeCPw626aNhPh1d4mMCRnXTVYWh5xkORz4F3rmutelHn4bspsgMiuwr1I6DDb2GRa6J5406D8tccim1RWB8seF7834AL9WkL3yLRxcsr6cIRCnTYdgTGqzZ0o9OFlnwZWdsJ9O6DW-2B7WRzYGf1HXAQU7z1aQds5M5lolg4w59EFGagdrBzb2I4ZvLl7cHdnfkaN9Vyt3brdrXeYZtkHnH-2BzQay-2FTfSAbIkg-3D-3D_Q2MwtJRdAXaEUrdjaAyw4gJq9SKKM86HU0AvCIRnjGVMeYT8DD2-2Fj72SjM-2FtXJmTVwbFjrK0-2F2nNxSAVAzbTHk0gV0NbrVustbInmyKQPQ-2BSlFbmpx1c1Y4b-2B3i4yknyAoHGND3VPoEgCiDA60CpoptdP2CvWDtCL-2Fd2mhzrdcxV0VTern99s4QlT-2BA-2BSYqp4kAfFDetspwspMzscwgNglKIIGy5vQ40N-2FFz2glkSuiz-2B5ZYBaXSMiDamHqfUeS-2F5XMOe7jXCmtM0KvbAur-2FSg-3D-3D)

Thank you,

Kelly Bradley

Victoria, B.C.



### Tamarack Communities Collaborating Institute (CCI 2013)

The Communities Collaborating Institute (CCI) is Tamarack's signature week-long learning event. This event provides a unique opportunity to join a dynamic learning community of practitioners from across Canada and beyond who are committed to deepening their capacity to lead community collaborations. **This year's event, titled Accelerating Impact, will be held in Edmonton, AB, Oct. 7-11, 2013.** We are very pleased to welcome this year's featured thought leader [**Adam Kahane**](http://cts.vresp.com/c/?Tamarack/e4429a5172/9e11db1d4a/808240111a). Registration will be available soon so sign up through the link below to receive e-mail updates about this much-anticipated annual learning event![**Sign up for CCI e-mail update here**](http://cts.vresp.com/c/?Tamarack/e4429a5172/9e11db1d4a/1b9ed7703a)



*The vision of Success By 6 is to build the capacity of parents and communities to support children ages 0 to 6 to become healthy, safe, secure, successful learners, socially engaged and responsible so they are ready to succeed in school and in life.*

**CALL FOR PROPOSALS**

Community Based Social Services and organizations of the Cowichan Valley are invited to submit proposals for receipt of the Success By 6 Strategic Implementation Funds.

There is $35,000 of Strategic Implementation Funds for 2012 to build the capacities of parents; families and child care providers in making a difference in the social and emotional development of young children.

Research, community forums and the Early Development Instrument (EDI) results have identified that one of the priorities for the Cowichan Valley is to improve and support the social and emotional development of our children.

The goal of this call for proposals is to raise awareness of the importance of the early years and to increase public support for early childhood development as a community priority.

The request for funds and your proposal must signify how you plan to support the social and emotional development or health of children and families within the Cowichan Region.

All proposals must be completed by **noon, Thursday, March 14th 2013**

Email submissions to:

cowichansuccessby6@shaw.ca

Or

Hard copies may be delivered to Cowichan Success By 6 c/o

1 Kenneth Place

Duncan BC, V9L-5G3

Please contact Laura Court to answer any question cowichansuccessby6@shaw.ca or call 250-701-3647 for more information.

