



Health Matters Newsletter October 3 , 2014

Today's Health Matters Includes:

- Meeting Schedules
- Community Meetings and Events
- Elder care- co-operative consultations
- Mental Illness Website and Resource
- Cowichan Integration Day
- Doctors want mental health for youth
- Gathering of Changemakers



Need a little encouragement to get outside and active?... just ask the dog what he wants to do and follow his lead!

Our Cowichan- Network Member Meetings-

- ✓ **Next Our Cowichan Network Meeting –October 9**, CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
- ✓ **Next Admin Committee Meeting-** Wednesday October 15, 5:30 pm CVRD Com. Room 2
- ✓ **Next Grant Committee Meeting-** Wednesday October 1, 9 am to 11 am CVRD –Committee Room 1

Upcoming Events/ Workshops/ Community Meetings

- **Elder Care Co-operative Community Consultations-** See information on dates and times listed below in the newsletter
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Cowichan Integration Day.

Your Health Matters to these folks who came together on September 19, to talk about all citizens in the Cowichan Communities enjoying good health- Together we can make it happen. This important day allowed great networking opportunities and was the beginning of an important discussion about how by working together we will better support the specific needs of populations in the Cowichan Communities.

Participants:

- Learned from examples of existing collaboration
- Achieved an understanding of the determinants of health and health status for the Cowichan Communities
- Discussed priority populations
- Started a conversation about what success would look like
- Learned about what is happening and who is doing it in regards to the needs of the population

Elder Care Co-operative Community Consultations

Cowichan Elder Care Co-operative is inviting all seniors, senior care providers, and interested community members to a series of community consultations. Please come to learn about our plans for a co-op that will help seniors access safe, reliable and fair-priced home services (medical and non-medical), and share your ideas about how the co-op can best serve its members.

Since the first community meeting last fall, federal funding was secured, the "Cowichan Elder Care Co-operative" was legally incorporated, and a feasibility study has been developed. These consultations are the next important step, to make sure that the needs of both seniors and care providers are met in the co-op's plan, which will be presented to all members at the first Annual General Meeting on **October 24, 10:00-11:30** at St John's Anglican Church in Duncan).

The consultation schedule is as follows:

| Location | Venue | Date | Time |
|----------------|-----------------------------|----------------|----------|
| South Cowichan | The Hub at Cowichan Station | Thurs, Sept.25 | 1:30-3 |
| Duncan | St. John's Anglican Church | Fri, Sept.26 | 10:30-12 |
| Chemainus | Mt Benton Golf Club | Fri, Sept.26 | 2-3:30 |
| Ladysmith | Ladysmith Seniors Centre | Tues, Oct.7 | 1:30-3 |
| A.G.M. | St. John's Anglican Church | Fri, Oct.24 | 10-11:30 |

Website related to mental illness

I thought some of the folks involved in health networks might be interested in this interactive website, "Open your heart," <http://www.open-your-heart.ca/> which addresses stigma related to mental illness, and the broad range of ways that people (including family member, neighbors, and friends) can be impacted by this stigma.

Both the content and the format (which includes digital storytelling) may be of interest. There are a few vignettes (one related to schizophrenia, and one related to postpartum depression) and a fantastic series of brief videos as part of this, addressing topics such as "Is normal normal?", acceptance, support, and media coverage of mental illnesses. There's also a youtube channel that has been created where people are welcome to post stories of their own experiences. The project has been developed by Raincity Housing in Vancouver.

Doctors want mental health help for youth – new online hub for mental health services

Openmindbc.ca is a cool resource site for doctors, parents, teachers and youth to learn more about mental health support services available in BC and Canada. Read about it in this [article](#) in *Vancouver 24 Hours*.

In related news, Island Health recently launched a mobile app called BoosterBuddy to help youth improve their mental health. Read about it in the *Times Colonist*: [Mental health wins in mobile app developed by Island Health](#)





Gathering of Changemakers There is a better way

Social Policy Framework: What are the possibilities for the Cowichan region?

When: Tuesday, October 21, 2014
5:30 pm - 8:30 pm

Where: Clements Centre 5852 Clements St. Duncan BC

Who should attend: board directors of community based social services, executive directors, local government officials, local business people, service club members, other grassroots groups

Join the panel and participate in a discussion of how a social policy framework provides a road map to guide decision making, set future direction, identify important connections and align how complex social issues are addressed and what a road map would mean for the Cowichan region.

Panelists: Jennifer Jones, community member; Cathy Robertson ED Community Futures:Cowichan; Dr. Paul Hasselback - Central Vancouver Island Health Officer; Michelle Staples - City of Duncan Councillor

Space is limited. To register call Victoria at Clements Centre: 250-746-4135 local 228

Cost: \$15 includes meal. You are encouraged to prepay by telephone or in person (Clements Centre 5856 Clements St. Duncan)

Sponsored by Board Meets Board
A community initiative of Board Voice Society of BC
www.boardvoice.ca

For information on Social Policy Framework:
<http://boardvoice.ca/publiccategory/social-policy-framework/>

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 Newsletter