



The **Minutes** of the Mission Community Wellness Committee meeting held in the **Mission Seniors Activity Centre** at 33100 – 10th Avenue, Mission, British Columbia on September 30, 2019 commencing at 8:30 a.m.

Members Present: Judith Ray, Acting Chair
Jennifer Breakspear, SARA for Women
Shona Brown, Mission Division of Family Practice
Alex Choi, Medical Health Officer, Fraser Health Authority
Marilyn Collins, Xyolhemeylh
Cynthia Coyle, Fraser House Society
Kirsten Hargreaves, Social Development, District of Mission
Bob Ingram, Mission Seniors Centre Association
Deborah Kendze, Fraser Valley Regional Library
Nicole Kiniski, Member-at-Large
Judith Pellerin, Public Health, Fraser Health Authority
Michelle Puffer, Executive Director, Mission Community Services Society
Mary Rhode, Director, Clinical Lead, Fraser Health Authority
Elizabeth Thomas, Member-at-Large
Laura Wilson, Ministry of Children and Family Development

Members Absent: Paul Horn, Member-at-Large
Michele Lylyk, Mission Friendship Centre
Councillor, District of Mission
Maureen Sinclair, Parks, Recreation and Culture, District of Mission

Others Present: Heather Anderson, Public Health Dietician, Fraser Health Authority
Dragana Djordjevic, Environmental Health Officer, Fraser Health Authority
Emily Hunn, Community Health Specialist, Fraser Health Authority
Jennifer Ortman, Social Development, District of Mission
Allyssa Fischer, Corporate Administration, District of Mission

1. CALL TO ORDER

The meeting was called to order by Judith Ray, Acting Chair, at 8:47 a.m.

2. ADOPTION OF AGENDA

Moved by Bob Ingram, and

RECOMMENDED:

1. That item 5(a) "Health Fair" be added to the agenda under "New Business":
2. That the September 30, 2019 Mission Community Wellness Committee agenda be approved as amended.

CARRIED

3. MEETING MINUTES AND WORKSHOP REPORT FOR APPROVAL

Moved by Elizabeth Thomas, and

RECOMMENDED:

That the Mission Community Wellness Committee meeting minutes – October 16, 2018 be adopted.

CARRIED

Moved by Shona Brown, and

RECOMMENDED:

That the Mission Community Wellness Committee Workshop Report – June 10, 2019 be approved.

CARRIED

4. FOLLOW UPS, UPDATES AND PRESENTATIONS

(a) Reconciliation Work with Indigenous Community

Marilyn Collins provided an overview of Orange Shirt Day (October 1) and highlighted the challenges BC's indigenous population continues to face. She recommended several opportunities for public education on indigenous trauma, such as organizing a KAIROS blanket exercise or participating in Purple Light Nights in recognition of domestic violence.

Discussion ensued in regards to intergenerational impacts of trauma, domestic violence, and community dialogue.

Nicole Kiniski shared key Calls to Action from the Truth and Reconciliation Commission of Canada.

Discussion ensued in regards to the cultural competency training offered by Fraser Health Authority. It was noted that the cost of the training may be a barrier to many organizations looking to participate.

(b) Mission Food Access Network Relaunch

Heather Anderson discussed the inequalities inherent within Mission's food system and the importance of food security. She stated that one in eight households in Fraser East experience food insecurity and noted that the primary cause of food insecurity was poverty.

A roundtable discussion ensued on the importance of food security, including the availability and access to healthy and nutritious foods, the role of food in physical and mental health, emergency food planning, and poverty reduction strategies.

Emily Hunn provided a brief overview of the history and purpose of the Mission Food Access Network. Discussion ensued on improvements to the Network structure, and suggestions included consistent leadership, membership at a decision-making level, a physical space for inquiries, and an elevated presence on social media.

(c) Housing Needs Study Update and Overview

Jennifer Ortman provided an update on the Housing Needs Study. She noted that the study had identified several at-risk groups in the community and that the statistics would assist in the expansion of the extreme weather program. She stated that she was in the process of writing a report to Council and planned to bring it forward at a November Regular Council meeting.

Discussion ensued in regards to data sources, the availability of local data, and evidence informed decision making.

(d) Engaged Community Guide Program Update

Michelle Puffer provided an update on the Engaged Community Guide (ECG) Program. She noted that the initial funding for the project had run out and that the program was currently being funded through various fundraising efforts. She noted that Mission Community Services Society (MCSS) had applied for a grant on behalf of the ECG program, but that funding would not be available until April 1, 2020 at the earliest. She stated that fundraising alone would not provide the necessary capital to continue the project and that MCSS would assist with funding until such a time as the program received a more permanent funding source.

Discussion ensued regarding the value of the ECG program, funding opportunities, staff replacements, and future training.

(e) Mission Active Support Team (MAST) Year Two Statistics

Kirsten Hargreaves provided background information about the principles and guiding model of the MAST team. She provided an overview of how the group works, commonly identified factors for acutely elevated risk, challenges the program faces, evaluation of the project, statistics from the past two years, as well as recommendations and future opportunities for the MAST team moving forward.

Discussion ensued regarding MAST's future goals, the gap between youth and adult services, developing a MAST table for Mission's indigenous community, and outpatient therapy opportunities for those suffering from substance abuse.

The next MAST meeting will be held on October 8, 2019 at 9:00 am and will be followed by a workshop from 10:00 am to 12:00 pm.

(f) Social Planning and Research Council of BC (SPARC) Grant and Mission Community Addictions Action Table (MCAAT) Grant Update

SPARC Grant Update - Jennifer Ortman stated that several ideas had been discussed regarding the allocation of the funding, including the purchase and operation of a mobile shower and laundry facility. It was noted that the grant must be used for operations purposes and an initial capital investment would be required in order to purchase the necessary equipment.

Discussion ensued in regards to the continued operation of the unit and the physical capacity to move the mobile unit.

MCAAT Grant Update - Judith Pellerin noted that the MCAAT had applied for funding through a Community Action Initiative (CAI) grant and was waiting on approval. She stated that the team would continue to work on priorities and pursue further funding opportunities. She noted that MCAAT was now recognized as a community action team and thanked

Committee members for their assistance in helping the team meet grant eligibility requirements.

(g) Community Wellness Committee Fall Forum

Kirsten Hargreaves stated that the Committee would be hosting a Fall Forum with core social development committees to share priority areas for the year, discuss overflow projects, and ensure limited to no duplication of efforts or work. The forum will provide stakeholders with the opportunity to discuss organizational mandates, annual goals, and current initiatives. The forum will take place on Tuesday, October 29, 2019 from 8:30 am to 11:30 am in the Training Room of Firehall #1.

5. NEW BUSINESS

(a) Health Fair

Judith Ray asked Committee members if they saw any value in hosting a Health Fair in the spring of 2020. She stated that the Fair would be open to Mission residents and would provide local organizations with an opportunity to showcase current initiatives and volunteer opportunities.

Committee members expressed support for the idea, but cautioned against using the term "health fair" in any marketing materials. It was suggested that organizations bring volunteer sign-up sheets to the event.

Judith Ray noted that further discussion on the fair would take place at the following Committee meeting.

(b) Round Table Updates

The Chair invited members of the committee to share upcoming initiatives and events.

Building the Resilient Brain Workshop - Laura Wilson stated that the 8th annual Pulling Together workshop would be taking place on Friday, October 25. She noted that this year's theme was Building the Resilient Brain and that the keynote speaker, Dr. Chuck Geddes, would be speaking on trauma and community resiliency.

Staffing Changes at Fraser Health Authority - Cynthia Coyle noted that Fraser Health Authority had recently experienced several local staffing changes and asked for understanding while the organization adjusted.

Introduction of Dr. Alex Choi - Dr. Choi introduced herself and gave an overview of her role. She noted that a rural addictions network was forming and collected contact information from interested members of the Committee. She stated that Fraser Health had noted an increase in vaping associated lung illness and that the reporting forms from the Province would be available shortly.

Seniors Housing Project - Judith Ray provided a brief update on the Seniors Housing Project and noted that the ground breaking was scheduled for Friday, October 18, 2019 at 10:00 am.

6. ADJOURNMENT

The Chair adjourned the meeting at 11:23 a.m.