

The **Minutes** of the **Mission Community Wellness Committee meeting** held in the Board Room at Riverside College, 33919 Dewdney Trunk Road, Mission, British Columbia, on Tuesday, January 10, 2017 from 4:00 p.m. to 5:30 p.m.

Members Present: Paul Horn, Riverside College / Stone Soup  
Judith Ray, Mission Association for Seniors' Housing  
Elizabeth Thomas, Member at Large / Food Security

Members Absent: Michele Chapman-Sheaves, School Champions  
Kirsten Hargreaves, Manager of Social Development, DOM

Others Present: Bob Ingram, Acting Committee Chair, Mission Seniors' Centre Assn.  
Shona Brown, Mission Division of Family Practice  
Cynthia Coyle, Fraser House Society Mission  
Sanjay Gulati, Mission Community Services Society  
Jenny Hill, District of Mission  
Robert Jeffery, Centennial Place  
Leesa Kelly, MSDSI / Community Outreach Network  
Jennifer Hawkins, Fraser Health Authority  
Joanna McBride, Volunteer Mission  
Brynn Fominoff, Fraser Health Authority  
Maureen Sinclair, District of Mission  
Laura Wilson, Mission Early Childhood Development Committee

**1. CALL TO ORDER** at 4:00 p.m.

B. Ingram chaired the meeting.

**2. ADOPTION OF AGENDA**

Moved by Paul Horn, and

RECOMMENDED:

1. That the following item be added to the agenda:

Item 4(h) Update on Child and Youth Committee – Laura Wilson

2. That the agenda for the Mission Community Wellness Committee meeting held on January 10, 2017 be adopted as amended.

CARRIED

**3. COMMITTEE MINUTES FOR APPROVAL**

Moved by Cynthia Coyle, and

RECOMMENDED: That the following minutes be adopted:

- Mission Community Wellness Committee Workshop – September 13, 2016
- Mission Community Wellness Meeting – November 8, 2016

CARRIED

#### **4. FOLLOW UPS, UPDATES & PRESENTATIONS**

##### **a) Delegation: Volunteer Centre Update – Joanna McBride**

J. McBride provided an update on the status of 'Volunteer Mission' and reviewed its purpose. There is now a Facebook profile set up, a Twitter account and a blog. The Volunteer Mission website is at: <http://www.volunteermision.ca> and the blog can be found at: <https://volunteermisionblog.wordpress.com>. The Committee members were encouraged to join and were advised that the next step will be to implement the software. J. McBride and P. Horn will be preparing a Volunteer Mission video. P. Horn also noted that he can answer questions and help facilitate the required police information checks. The Committee members were asked to review the website and provide feedback as to any changes and updates that may be required.

As April 23<sup>rd</sup> to 29<sup>th</sup> is Volunteer Week, there are preliminary plans to hold a barbeque or other similar event.

##### **b) School Based Social Work Pilot Program in Mission Schools – Laura Wilson**

Social work practicum students from the University of the Fraser Valley will be taking part in the 'Community Social Work Pilot in the Mission School District' project from January to April, 2017 under the supervision of the Manager of Social Development. This pilot project has had a successful start in the Surrey School District where it is now expanding to Mission, Langley and Chilliwack. The program follows a preventative and strengths-based model and addresses issues such as poverty, mental health and barriers to accessing services. There will be a total of six practicum students taking part in this pilot project, with two each being assigned to one of three local schools: Albert McMahon Elementary, Windebank Elementary and the Fraserview Learning Centre. A few practicum students have also been assigned to MY House. The students have already completed three days of orientation. Letters will be sent home with students at the three schools to asking parents if they would like services and support and to advise that the practicum students are there to support families.

##### **c) Stone Soup Planning 2017, Raffle Follow Up – Paul Horn**

Stone Soup had put out a call for donations to help purchase a hot water tank for the Mission Friendship Centre as it is one of the only facilities in the District that offers hot showers and meals to the homeless. Two companies offered to donate a new hot water tank in addition to over \$600 being raised for the installation costs. With the help of the Riverside plumbing program volunteers, the tank was installed before Christmas. The remaining funds were put into the Stone Soup general account and will be used to continue to provide services for the homeless population in Mission.

The Stone Soup's winter fundraiser 'Pick UR Art Raffle' raised \$1,850 towards establishing a program where previously homeless people can act as ambassadors in an outreach capacity to help connect people in need to the resources available in Mission.

The Stone Soup organization would like to synchronize efforts with Hope Central and Copper Hall in regards to the Stone Soup Dinners. The goal is to move the dinners in a more purposeful direction, (i.e. networking, information sharing, ideas to work more effectively on lean resources, etc.) rather than just being used as a consumer resource. A template on how to organize a Stone Soup Dinner is now available on the Mission Community Services website. Currently, no sponsor or date has been set for the next Stone Soup Dinner.

On February 25<sup>th</sup>, Hope Central and MY House will be hosting the 'Coldest Night of the Year' event. This is a 2, 5 and 10 kilometre winter walk which will be hosted in more than 110 cities across Canada in support of Hope Central's work in Mission and to raise awareness of the issue of homelessness. The goal for 2017 is to raise \$20,000. Carrie Prentice, Hope Central Coordinator, can provide further information at: 604-854-0780 or at missionhopecentral@gmail.com.

**d) Homeless Count Process and Training 2017 /Homelessness Partnership Grant/SMART Model – Bob Ingram for Kirsten Hargreaves**

Homeless Count Process and Training 2017 – the 2017 Homeless Count headquarters has been changed to Rivendell Second Stage Housing. The count will begin at midnight on March 7<sup>th</sup> and continue until midnight on March 8<sup>th</sup>. There was an ad placed in the latest edition of 'What's On!' magazine and volunteer recruitment will begin this week.

Homelessness Partnership Grant/SMART Model – The Homelessness Partnership Grant in the amount of \$48,000 has been received. As Council has matched the funds, there is approximately \$96,000 to utilize. K. Hargreaves and others will be partnering with the RCMP to implement the SMART Model and will be setting up a meeting with the Inspector of the Mission RCMP. Currently they are looking at coordination and data collection. Council will continue to be updated on the use of the funds.

**e) Sustainable Housing Committee – Judith Ray**

There is now an official Sustainable Housing Committee that reports back to Council. To date, the new committee has held one meeting and plans to address the issue of the lack of available and affordable housing in the District.

As there is a lack of hard data around the issue of sustainable housing in the community, there are preliminary plans to implement a database in order to compile current community information in regards to the age and demographics of the people who are finding a barrier to affordable housing and the kinds of low cost housing available. It was noted that it is imperative that all stakeholders participate and contribute to the input of this data in order to get an accurate picture of the housing needs within the district. Further information will be distributed to the Mission Community Wellness Committee at a later date.

**f) Outreach Committee / Harm Reduction Workshop Update – Leesa Kelly**

Outreach Committee – The Outreach Committee has implemented a Backpack Program which has been collecting donations from the community. The program requires further donations of water and food, (i.e. granola bars, power

bars, soup packets, hot chocolate packets, bottled water, etc.). Outreach workers often meet at the income assistance office and from there walk around the community to distribute the backpacks and blankets to people in need. The program seems to be working well and is facilitating contacts with people in need and health care and other resources. Either Leesa Kelly or Tracy McCarthy at Rivendell Second Stage Housing can be contacted to collect further donations.

Harm Reduction Workshop Update – L. Kelly provided an update on the Harm Reduction Workshop. The workshop will be held at nine o'clock on January 11<sup>th</sup> at the Leisure Centre in regards to the increase in needles, peer support programs and other related issues. Naloxone kit training will also be provided. Ms. Kelly invited members of the Committee to attend.

P. Horn noted that a Stone Soup Dinner could be held around the topic of harm reduction to provide training in handling overdoses, fentanyl and other related issues. He will advise of the designated dinner's date and time on the Community Cares and Humans of Mission sites. Also, J. Hawkins of the Fraser Health Authority will provide a training sign-up sheet by the end of the week. Erica of the Women's Resource Society would be able to provide this training.

**g) Community Cares 2017 – Paul Horn**

P. Horn reviewed the Community Cares: Mental Health Response Training program. The online course will remain free for community members and first responders who do not require certification. The cost for certification is approximately \$80. P. Horn will be providing classes at Riverside College on February 8<sup>th</sup> for District of Mission staff and Fraser Health Authority employees. Further information and the self-enrollment portal are available at: [www.communitycarestraining.com](http://www.communitycarestraining.com).

Community Cares: Mental Health Response Training 'Focus on Anxiety in Mission' is a 2-night session which will be held on February 21<sup>st</sup> and February 28<sup>th</sup>. The sessions will focus on anxiety and anxiety related disorders and are specifically tailored to parents, teachers, employers and first responders. The first session will look at diagnoses with the second session covering prevention, management and treatment strategies. Tickets are \$25 for both sessions and can be purchased online. Email Paul Horn at [bootstrapconsulting@shaw.ca](mailto:bootstrapconsulting@shaw.ca) for further information.

**h) Update on the Child and Youth Committee (CYC) – Laura Wilson**

L. Wilson provided an update on current Child and Youth Committee projects, discussions and initiatives which include:

- collaborating with several agencies on Canada's forum for the election season to ensure that children and youth issues are included in the conversations;
- advocating for funding towards the Middle Years Development Instrument;
- conversations in regards to possibly restarting the Mission Restorative Justice Program; and

- facilitating a different Child and Youth Committee meeting format which includes breaking into small groups during the first hour to address the following three projects:
  - how to support and sustain MY House;
  - discussing truth and reconciliation in the community; and
  - information and communication sharing within the community.

'Resilience' Film Event - The screening of a new documentary film entitled 'Resilience: The Biology of Stress and the Science of Hope' and panel discussions, which were scheduled for 5:00 p.m. on January 11<sup>th</sup> at the Clarke Theatre, have been postponed due to inclement weather.

The film is approximately an hour long and demonstrates how researchers at Stanford and Harvard universities were able to show a link between adverse childhood experiences and chronic health problems, including obesity, anxiety disorders, addiction and serious disease. This is an especially important topic for Mission as UBC's "Middle Years" researchers found that local children experience an unusually high rate of anxiety-related issues.

As the original date was sold out, L. Wilson will be coordinating with the Clarke Theatre to arrange for a new date for this event. The evening will include dinner, child-minding and panel discussions. Tickets are free and can be obtained at: [stressandhope.eventbrite.ca](http://stressandhope.eventbrite.ca).

Mission Warming Centre - M. Sinclair noted that a more formal process needs to be implemented for the Warming Centre; especially since Haven in the Hollow is often at capacity. The Mission Leisure Centre is not in an ideal location to provide a warming facility for the homeless. Typically, during the cold weather, men were going to Haven in the Hollow and women, children and families were going to the Warming Centre. The Sikh Temple and the hall at All Saints Church are possible locations for this program. K. Hargreaves has spoken with representatives from some of the churches and is waiting for their response. A pro-active approach needs to be taken with volunteers being organized ahead of time. A short meeting will be held after the Mission Community Wellness Committee meeting to discuss the issue. The two main problems identified were that Haven in the Hollow cannot accommodate children and families, and an accessible facility has not yet been identified.

## 5. ADJOURNMENT

Moved by Maureen Sinclair, and

RECOMMENDED: That the meeting be adjourned.

CARRIED

The meeting was adjourned at 5:12 p.m.

**Next Meeting: March 14, 2017 at the Mission Leisure Centre**