

# Oceanside Health and Wellness Network

Circle of Partners Minutes,  
October 20, 2020 3:00-4:30 pm on Zoom

✓ Marlys Diamond (Perfect Storm Group, FORA, SPT)	X Analisa Blake (Island Health) *
✓ Gerry Herkel (FORA, CWG)	X Courtney Simpson, (RDN)*
✓ Susanna Newton (SOS, OTFH, SPT)	✓ Natasha Dumont, Island Health*
✓ Jane Osborne (CRN)	✓ Joanna Salken, Island Health
✓ Wendy Carmichael	✓ Jane Vinet (OHWN Coordinator)
	X Myra Rogers (Administrative Assistant)

## Welcome and Introductions

- Susanna chaired the meeting and welcomed everyone, and we did a round robin of introductions to CoP members.
- Natasha Dumont has replaced Esther Pace as Island Health Representative on the CoP, new to Oceanside, formerly working in Port Alberni.
- Wendy Carmichael, formerly worked for Fraser Health in home health, public health, and long-term care. Manager of LTC in Chemainus and Kiwanis Village in Nanaimo and Qualicum Manor in Qualicum. Parksville-Qualicum Community Foundation director for ten years. Working as an advisor on senior's health with Anne Duggan for clients in mid to north Island. MSW with a focus on community development and policy analysis.
- Joanna Salken (joined at 3:45), new Community Health Services Director for Nanaimo and Oceanside Health Centre, Masters in Health Care Leadership – in member engagement, was the manager in Community Health Services in Port Alberni, advocacy in BC Nurses Union and patient care, nurse practitioner clinic falls under CSC-PCN and Division of Family Practice.

## Review of Minutes

- The Minutes for September were approved with one change to Perfect Storm Standing Report.

## Review of Actions from September Meeting

- Contact telephone number has been changed on the RDN website.

## Review and approval of Agenda

- Approved no additional items (note – move to item 1)

## Community Conversation & Debrief:

- Jenn Meilleur and Jill Banting joined the meeting and together we debriefed the community conversation held on October 15<sup>th</sup>.
- Scott Harrison (QB Town Council) and Rob Damen (ECO) were very welcome additions and provided good information for Seniors Planning Table. Someone from Errington who lived on acreage was able to provide some truly diverse information.
- Unexpected results - CoP members got to learn more about each other.

- Consensus was the format was very professional and allowed for meaning conversation. We can use the information and share it with our action tables and evaluate ways we may need to change our responses because of COVID, especially in rural and remote areas with Seniors.
- What are our next steps? Is it possible to reconnect with attendees? Follow up with guests, issue an invitation to include engaged citizens in our action tables and networks, as well as provide resources.
- People began problem solving and there were some great outcomes. How can we harness the enthusiasm to get people to contribute and realize how significant their contributions are even in their immediate neighbourhoods?
- Short satisfaction survey. Ask folks in survey if they did anything different in their neighbourhoods as a result.
- If you received or have a quote, please send to Jane V who will forward it on to Jenn to include in the report.

### **Action Groups/Standing Report:**

**Poverty Reduction Strategy** – Contract is being finalized. No report

**CRN** – LGBTQ initiative long term care training are slow due to resource constraints. LGBTQ training done at Qualicum Manor. Advanced Care Planning – learning to understand the health side, meeting to be scheduled. BCCRN outreach project for seniors and COVID support – need updates from Susanna. OTFH was given the \$2K, need an update from OHearts.

**Child Wellness Group (CWG)** – Extremely busy planning the First 2000 Days. Incredibly detailed planning required when doing this on Zoom. We hope members of the CoP will be able to join us at one, or both days Oct 29 and Nov 5th. Register [here](#) to get your tickets.

**Seniors Planning Table (SPT)** – October 6<sup>th</sup> meeting - working on some materials to take to remote communities. Discussion around engaging volunteers through local Fire Departments and their connections to seniors. Seniors Planning Table meeting minutes have not been distributed. Jane to follow up. Group is working on recruiting more members to help with the work. Speak with Rob Dامن from Emergency Management Oceanside to invite him to talk to or join the SPT.

**Perfect Storm (PSG)** – Other than the change to last month’s update in the minutes, there is nothing new to report this month. On hold until November.

### **Coordinator Updates:**

- No requests over \$200.

### **Strategic Planning: Mental Health Action Table – evaluation and measurement indicators**

- The OHWN strategic plan speaks to mental health being a strategic priority for Oceanside. With the Youth Mental Health action table not meeting any longer, is this still a priority for OHWN and how should we address it?
- Consensus is COVID is increasing mental health issues and CoP wants us to reform the table at all levels of community, not just youth take a broader look and expand it. Approach people who were at the table before, to see if they are interested in rejoining – table was put on hold, not disbanded. We did not have the momentum at the time; world is a different place and reset

goals for the action group, because focuses have shifted. Inclusion of mental health table is incredibly important. Need to maintain focus on upstream support.

- Jane to check with Child Wellness Group as to how our mental health indicators could be supported and impacted by the First 2000 Days Project. Looking at prevention from childhood.
- Wendy has put her name forward to be a CoP representative and help formulate a new strategy.
- Poverty Reduction strategy/consultations is an opportunity and important vehicle for beginning to look at mental health from a broad upstream perspective – we are doing pieces all over – but we need to do a broad strategy. Just had racism added to our SDOH, there are pieces related to that add to the mental health issues. CRN is doing a limited 3-week series of workshops on decolonizing community networks in community spaces (end of January or early February).
- Is it possible to do a community network mapping exercise to see who is working on mental health?

#### **CoP Recruitment, retention, and reinvigoration**

- There are still five seats at this table to be filled. How can we bring more stakeholders in community to the table who can enact social policy, bring the support and attention that we need to meet our community objectives?
- Discussion regarding how we can work with other health networks in the region of Nanaimo. Invitation to have a meeting with Gabriola and Nanaimo to talk about how we work together, reduce duplication, leverage funding, bring action tables together, streamline governance, look at everyone having equal opportunities, and stream lining approaches since we are all using many of the same service providers.
- CoP consensus to having a conversation with other networks to look at possibilities to explore
- Need to focus on new recruits for CoP – diversity, inclusion – need to “tap people on the shoulder” to get them to participate.

#### **Action Item:**

- Jane will follow up with Wendy and Joanna and forward a CoP application.
- Jane will discuss the possibility of bringing the OHWN and Gabriola groups together to talk about ways the three networks can work collaboratively to Island Health and RDN.
- Jane will send the Coordinator Report following this meeting and Seniors Planning Table Meeting minutes.

#### **Next meeting:**

November 19<sup>th</sup> on Zoom.

Group voted to continue with rotating chairs – next meeting to be chaired by Jane Osborne.

#### **Agenda items will include:**

- How to reintroduce a mental health action table?
- CoP recruitment strategy plan
- Child Wellness Group Forum

**Meeting adjourned at 4:37pm.**