

## **Working Committee # 3: Health and Wellness - Minutes**

**Date:** November 24<sup>th</sup>, 2011

**Time:** 10:00am – 12:00pm

**Attendees:** Feng Qin (Faith) Xing (Resident), Jenny Sarcilla (EMYS), Stephanie Yin (Aisling Discoveries), Alice Mui (Carefirst), Shawn Cadieux (TransCare), Michelle Davis (NWS LIP)

- Welcoming and objective of the meeting
    - Participants were greeted and brief introductions were done
    - Slight changes were made to the agenda
  
  - Discussion on 2<sup>nd</sup> Quarter activities
    - Inventory of health networks
    - Identify health related expertise (as trainers)
    - Identify additional local resources (space & facilities) for recreation activities
    - Inventories for health networks, expertise for training, and on local resources were not completed due to partners not submitting requested information
    - Several calls for information gathering were put forward to LIP partners, through surveys, phone calls, and meetings, however not much information was captured surrounding health networks, available training and other local resources
    - Settlement.org/Events was suggested as a resource to find out about various health related events and training
  
  - Next year activities – Feedback from Partnership Council
    - Participants were briefed on the outcomes of the last Partnership Council meeting
    - Settlement strategies and their correlated activities that were ranked and applicable to the WC #3 were:
- 1. Enhance staff/ organizational capacity to provide improved services**
    - a) [Organization information fairs for frontline staff and/ or newcomers](#)
    - b) [Facilitate/ support skills development training for frontline staff](#)
    - c) [Organize learning sessions on selected topics](#)
  
  - 7. Enhance access to health services and related support services**
    - a) [Facilitate/ support awareness programs about general health services](#)
    - b) [Increase awareness about mental health services](#)

c) **Facilitate training and awareness programs for settlement/frontline workers**

- Participants were asked to come up with ways to incorporate some of the above activities into actions that can be accomplished within the coming months and year
- Regarding information fairs, mental health is an emerging topic among newcomer service providers since many clients experience various issues
- Conducting an information fair with many different service providers and key note speakers to talk about mental health issues to the public would be greatly beneficial
- Topics ranging from coping with stress or depression, various types of addictions and mental illnesses that affect various demographics like dementia, Alzheimer's, schizophrenia, etc.
- CAMH which has expertise in many different areas of mental health should be contacted
- In regards to staff training EMYS has staff with expertise in various areas that can provide training depending on the type of training needed
- Carefirst has a Diabetes Team that consists of social workers and dieticians that can provide information sessions to both staff and the general public
- Aisling Discoveries offers their "Ready, Set, Go School Readiness" facilitator training that deals with preparing children to enter into the school system tackling issues like anxiety, developing social skills, familiarizations with classroom rules and routines, etc.
- Carefirst is also available to provide training on stroke and diabetes specific to certain demographics
- SCHC has many health related events that the LIP can help to support either through promotion or with resources

▪ **Future Working Structure**

- In order to make the LIP even more action oriented the working structure, through the vote of the Management Committee will change to the following:

**Structure 1B**

- Management Committee (consists of 5-7 permanent members)
- Includes one permanent chair from ACSA (lead agency)
- WC# 1: Access to information and capacity development
- WC# 2: Employment, education and language training Partnership members will be given the options of either picking one of the two WC's, and/or choose to participate in at least one of the action groups
  - WC's will appoint a meeting chair, but can appoint a separate member to represent the WC in the Management Committee
- Action Groups involvement
  - Required that members participate in at least one Working Committee or Action Group
  - One person from an Action Group will be invited to the Management Committee when necessary, however they will not have any voting power when decisions are to be made within a Management Committee meeting

- NEW Structure WILL BE IMPLEMENTED IN APRIL 2012
  
- Other Business
  - EMYS has opened their new walk-in
  - They will now provide counselors and therapists free to all regardless of health card or OHIP on various mental health issues, family counseling, etc.
  - This will be available 5 days a week out of their 2100 Ellesmere Rd. location
  
- Wrap Up

**Next WC#3 meetings will take place January 25<sup>th</sup> 2012 at Carefirst, 3601 Victoria Park Ave., Suite 501 from 10am to 12pm and February 22<sup>nd</sup> 2012 at TransCare, 1045 McNicoll Ave., from 10am to 12pm**