



Minutes

Family Council Meeting
June 8th, 2020 6:00pm-7:00pm
Via Microsoft Teams

Present: Cecelia Marie, Teresa, Sonya, Angela, Kate, Linda, Jayne, Holly, and Helen (for updates)

Regrets: Josh, Barb – Holly has touched base, their have been work/tech. conflicts and they hope to join us at the next meeting

Recorder: Angela

Agenda item discussed:	Discussion
1. Welcomes and Introductions Updates with Helen Fishburn	<ul style="list-style-type: none">• We are 11 weeks into the pandemic and physical distancing now. For CMHAWW, we are trying to be aware of, and adhere to federal, provincial, regional, 2 Public Health Units (Waterloo/Wellington), 4 Ontario Health Teams, and our CMHAWW Board. There are lots of directions to listen to and make sense of.• The agency has shifted to virtual care very well. We have a strong infrastructure, and most of the staff are equipped with laptops and cell phones that enables them to be situated at home to do their job. The reaction from people we support has been largely positive, with many appreciating not having to leave the house (fear of COVID) to have an appointment. We are also offering groups online. Our education team has been providing webinars on a regular basis that have been very well received.• We have seen a need for support go up, particularly with those we support already. <p>Question: How are the numbers at HERE 24/7 since the pandemic?</p> <ul style="list-style-type: none">• HERE 24/7 is always busy (prior to pandemic). There has been a slow and steady increase over the past weeks attributed to pandemic fatigue. We have lost many referrals from professional partners, like general practitioners and schools, as they are not seeing people, and the focus has largely shifted to COVID 19. Community referrals

are way up. We have re-deployed some internal staff to HERE 24/7 to meet the need. HERE 24/7 is not going out on face-to-face calls nearly as much. We are seeing many people calling for the first time. Staff at HERE 24/7 has done a fantastic job of shifting to working remotely.

- We have seen some new and emerging trends, noting that there is a need for support for frontline workers in long-term care, hospitals, congregate settings, etc. We have responded by creating HERE4Healthcare. This is a specific service pathway to a variety of services, resources and treatments for healthcare workers. We have had a great response, with 60 referrals thus far. We anticipate more referrals as the first wave subsides and workers have more time to take a breath.
- We are looking to the next wave and the slow easing of restrictions announced by Premier Ford. We know some people may be anxious and we have to prepare for that. We are looking at the last wave of the pandemic (mental health) and how people will cope on a continuing basis. We are seeing an increase in substance use, police calls, and domestic violence.
- We have been doing a lot more media in order to reach the masses who may need support.
- On June 10th Helen will be participating in the Bracelet of Hope panel discussion. Joining her will be Guelph Physician Dr. Anne Marie Zajdlik, and Guelph CEO of Danby and Order of Canada recipient Jim Estill. Marva Wisdom will moderate. Helen will address mental health relating to COVID 19, Dr. Zajdlik will speak of physical/epidemiological aspects, and Mr. Estill will speak to economic aspects. Viewers are asked to give a donation to Bracelet of Hope, but it is not required; you may attend for free.

Update as of June 15th: a recording is now available on the CMHAWW and Bracelet of Hope Facebook pages. Over \$20000 has been raised for the Youth Integrated Services Network (our CMHAWW Youth Hub we are constructing on Woolwich Street), along with Bracelet of Hope, which is a grassroots organization started by Dr. Zajdlik to address the AIDS/HIV crisis in Africa, and to provide mobile medical support as well as foster homes for children who have lost their parents to the disease.

- Thursday is the big fight at City Hall to battle the Cannabis store being opened beside our new Youth Hub. A meeting in March saw the Committee with a split 3/3 decision. The retailer has applied with the AGCO and CMHAWW started a campaign to oppose that directly though appeals to the AGCO. CMHAWW has also “lawyered up” on the matter. CMHAWW took the issue to the Premier’s office, who was “horrified” at the prospect. We have also taken the concern to the Mayor’s office, Attorney General, CMHO, CMHA national and Llyod Longfield (Guelph MP). The biggest challenge is that we don’t yet have a physical building, so we are currently arguing that the cannabis shop can’t be built next to an empty lot.

We are looking for a compelling story from a family member around the impact of the store. The meeting will be live streamed on Facebook and you can make a virtual, prepared statement to the committee. We are looking for an emotional impact, a story that really hits home as to what it would mean for you and your child walking into this new building with a cannabis shop next door. You can also represent another person’s story if you know someone. Holly is willing to share your story on your behalf if you don’t want to go public. You can send her an email to let her know.

Update as of June 11th via Helen’s email:

- “The cannabis store owners have asked for a deferral in the Committee of Adjustments hearing today. We have been talking to them for the past 24 hours about locating their cannabis store to another property in the city of Guelph – NOT next to our new building. This other property is also owned by our developer. They are agreeing to consider this other site and are going through the legal channels at this point. So....for now....there is no reason to have this hearing tonight. We hope that their new site works out and is approved, and then they can completely withdraw their request to move next to our children’s building. It looks very promising, but we will know more in the next few weeks. They will hear the deferral request at 4 pm when the meeting starts, which will be live streamed on the City’s website. Our developer and I will be on standby to the Committee if they need us to confirm that these conversations are occurring, and we also support a deferral.”

2. Check in	<ul style="list-style-type: none"> • Everybody gave a brief update.
3. Event in the Fall	<ul style="list-style-type: none"> • We were originally going to plan a big event for the Fall of 2020. Obviously it wouldn't be a good idea at this point to plan a large, in-person event during that time, due to the pandemic. We would still like to move forward using a virtual format. We would like to introduce the idea of a virtual panel discussion to the Family Council. Topics? Thoughts? • We can get more people in attendance using a virtual format because there are no geographic, transportation barriers. • We could use a platform like zoom, that has features like polls/surveys to give to participants. • We could have "breakout rooms" from the main discussion where participants can have a smaller conversation or learn about a different topic/subtopic. Participants could rotate through the topics. • Who is our target audience? Parents of children/youth aged 5/25 • We are looking to partner with Parents for Children's Mental Health (PCMH). Holly and Jeff lead the Guelph chapter. Holly will reach out to the Waterloo Chapter. • Holly previously brought up the idea of having Ann Douglas, who is a writer on family dynamics with children who have mental health challenges. Who else could speak to compliment her? Parents? Educators? Researchers? • We will be the host, and the event will be advertised to the general public. • Maybe we can have breakoff childcare chats, so parents can focus on what they are watching. • We can record the main body of the event so it is accessible for people to watch later on if they cannot attend live. • We can run it as a summit, depending on how long it is (e.g. over the course of a day or week). It could be like a conference (now known as "summit") where people choose what topics to attend. • Everyday, we could have a pre-recorded video with an expert released via email. This doesn't allow for dialogue/feedback, but it allows more flexibility for people to watch when it works for their schedule. • The Family Council can have some discussion around this via email. • Holly and CM will reach out to the 2 school mental health leads to see if they want to partner. • A potential topic is "How to support children and the family unit going back to school in the fall?" This is a huge concern for a lot of people, and nobody really knows the

	answers yet as to how things will happen.
4. Check out	<ul style="list-style-type: none"> • Some people had trouble accessing the meeting via the Teams platform, so perhaps we need to alternate meetings with conference calls? • The fall event is coming up sooner than we realize, so we will need additional meetings to accommodate planning. You are not obliged to attend. Those who would like to attend additional planning meetings can do so.
5. Next meeting	<p>Event Planning subcommittee meeting: Monday, July 6th, 6:00 – 7:00 pm</p> <p>Regular meeting: Monday July 20th, 6:00 – 7:00 pm</p>