

- Present:**
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| Katharina Markowiak, President<br>Anthony DiCaita, Secretary-Treasurer<br>Julia Goyal, New Professional on Board<br>Somkene Igboanugo, Board Member<br>David Pell, Board Member<br><br>Helen Fishburn, CEO<br>Barbara Farrell, Director of Finance<br>Krista Sibbiline, Director of Services<br>Anna Tersigni Phelan<br>Director Quality & Risk and Chief Privacy Officer | Irene Thompson, Vice-President<br>Neil Dunsmore, Board Member<br>Lisa Hood, Board Member<br>Laura McNeilly, Board Member<br><br>Heather Eddy, Director People & Culture<br>Meredith Gardiner, Director of Services<br>Jeff Stanlick, Director of Services<br>Alison DeMuy, Director Strategy & Innovation |
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- Recorder:** Heather Snider, Team Lead, Administration
- Guests:** Ted Jarvis, President Flow Marketing  
Chris Steer, Senior Consultant, Government Relations, Santis Consulting
- Regrets:** Dana Hardy, Board Member at Large; Jibran Khokhar, Board Member; Stacey Rous, Board Member

Agenda Item	Discussion and Actions
<b>Board Education Session</b>	Victoria Peters, Manager Seniors Services, presented on CMHA WW Seniors Services.  <b>Discussion Highlights</b>  <b>Cultural competence</b> – We are working on building cultural competence among the team and within our services, and this is a focus of our 2022-23 workplan. We regularly partner with local immigrant services organizations. This is also an OHT priority. It was noted that the current tools used to diagnose dementia are not culturally competent.  <b>Medical Assistance in Dying (MAiD)</b> – As of March 2023, mental health will be included as a criteria for MAiD. This will be discussed at the November CMHA Ontario Executive Leadership meeting, and as an agency we are developing our position on this. While we do not participate directly in mental health assessments, some of our referred clients are in the process of requesting MAiD. Staff have attended inservices, and we are in conversations with a County of Wellington physician re: providing additional staff education.  <b>Service offerings</b> – CMHA WW does not offer all Seniors programs across the entire service area; this is due to pockets of funding historically being directed to service system partners.  <b>Geriatric psychiatry</b> – Dr. Clements is the only geriatric psychiatrist connected to community care in our regions. Ideally, we would have multiple physicians working with an interdisciplinary team. A resident will be starting a placement in the coming months.
<b>1.0 Welcome, Call to Order</b>	Katharina Markowiak welcomed Board members.
<b>2.0 Land Acknowledgement</b>	Helen Fishburn shared a land acknowledgement. Lisa Hood volunteered to share a land acknowledgement at our November meeting.

Agenda Item	Discussion and Actions
<b>3.0 Declaration of Conflict of Interest</b>	No conflicts were declared.
<b>4.0 Shift Your Mind Update</b>	<p>Ted Jarvis, President Flow Marketing and Alison DeMuy, Director Strategy &amp; Community Engagement shared an update on Shift Your Mind.</p> <ul style="list-style-type: none"> <li>• Enrolment has been high. Alison noted that the program is voluntary.</li> <li>• We are on target for the projected 2022-23 revenue estimate.</li> <li>• The current focus is on converting customers from the trial phase to longer term buy in; this is closely related to leadership culture commitment to staff wellbeing offerings.</li> <li>• While this is a competitive market, Shift Your Mind programming benefits from being CMHA vetted, incorporating a physical component, and being well priced.</li> <li>• Looking forward, we are considering how Shift Your Mind is positioned within the larger societal context of psychological safety at work.</li> </ul>
<b>5.0 Approval of Consent Agenda</b>	<p>It was duly <b>MOVED</b> and <b>SECONDED</b> to approve the September 29, 2022 CMHA WW Board minutes (Irene Thompson, Neil Dunsmore). <b>CARRIED.</b></p> <p>It was duly <b>MOVED</b> and <b>SECONDED</b> that the consent agenda be approved (Irene Thompson, Neil Dunsmore). <b>CARRIED.</b></p>
<b>6.0 CND OHT Collaboration Agreement</b>	<p>It was duly <b>MOVED</b> and <b>SECONDED</b> that the Cambridge North Dumfries Ontario Health Team Collaborative Decision Making Arrangement be approved (Neil Dunsmore, David Pell). <b>CARRIED.</b></p> <p>Helen noted that we need a new Board representative at the CND OHT Governance Workgroup.</p> <p><b>ACTION:</b> Helen will send information to Board members.</p>
<b>7.0 Role of Advocacy in Governance</b>	<p>Chris Steer, Senior Consultant, Government Relations, Santis Consulting presented on the role of advocacy in governance. Santis works with CMHA Ontario to help us navigate the political landscape.</p> <p><b>Discussion</b></p> <p><b>How do we translate our needs into ways that the government can hear us?</b></p> <ul style="list-style-type: none"> <li>• How does what we do benefit the government’s current healthcare priorities (health human resources, hospital capacity, and surgical backlog)?</li> <li>• Focus on how we can help free up hospital beds by diverting and preventing people from being in hospital.</li> <li>• This government is also focused on spending taxpayer dollars. We can inform the government about how early intervention saves money in the long run.</li> <li>• Important to include a story with a client narrative and a local spin, and not just rely on numbers. It can be tricky for politicians to understand the mental health care system if they don’t have a background in this.</li> </ul>

Agenda Item	Discussion and Actions
	<p><b>From a governance level, how can we best advocate?</b></p> <ul style="list-style-type: none"> <li>• Make advocacy a strategic priority. Effective advocacy needs a table of people to think about what’s happening in the community and come up with solutions.</li> <li>• It can be very effective to have more than one voice in a meeting, (e.g., front line staff, Board member). Everyone on the Board has a different voice. Being able to communicate in different ways and tell different stories is really important. However, overall consistency in messaging is also very important. We can speak with different voices but with the same message.</li> <li>• Re: leveraging relationships with industrialists, businesses – stakeholder relationships are critical for any healthcare organization, in terms of discovering new ways to provide care and raising awareness. Having the ear of high profile people in the community is very useful.</li> <li>• Engaging at the local level is critical. Talk with your local MP/MPP so they understand how important this is in their own community; they take this back to their ministers.</li> <li>• Re: consistent message with other health organizations – doing this locally could be valuable, but be cautious in doing this at a much larger level. Our own voice needs to be strong, but there is always value in joint messaging. We are fortunate to have good local partnerships, and we are fortunate to be represented by CMHA Ontario.</li> </ul>
<p><b>8.0 In Camera Session</b> 7:28 – 8:04 pm</p>	<p>It was duly <b>MOVED</b> and <b>SECONDED</b> that the Board move into camera to discuss the Woolwich Building project (Irene Thompson, Neil Dunsmore). <b>CARRIED.</b></p>
<p><b>9.0 Closing and Debrief</b></p>	<p>It was duly <b>MOVED</b> and <b>SECONDED</b> that the Board move out of camera (Neil Dunsmore, Laura McNeilly). <b>CARRIED.</b></p> <p>The meeting was adjourned at 8:04 pm.</p>



Katharina Markowiak, President



Anthony DiCaita, Secretary Treasurer