

COMMUNITY MEMBERS MEETING MINUTES

Date: May 29, 2023

Time: 11:30 am – 1:00 pm

Location: [Zoom](#)

Chair: Larry Stranberg

Minutes: Bree Odd

Present: Larry Stranberg (chair), Shannon Thom, Bree Odd (minutes), Laurie Walters, Chris van der Mark, Tammy Levesque-Holyk, Craig Glover, Laurel White, Stephanie Masun, Carla Bullinger, Madi Rushton, Tammy Deausy, Barb Jones, Alyson Campbell, Josh Smith, Krista Harvey, Melissa LaPointe, Stacey Miranda, Brianna van de Wijngaard, Heather Silvester

Regrets: Silvia Seibert-Dubray, Eva Navrot, Nancy Colton

Land Acknowledgement

The Social Planning Council of Williams Lake and Area would like to acknowledge this meeting is taking place on the traditional unceded territory of the Secwepemc Nation and the T'exelc people.

Review & Approve Agenda for May 29, 2023

Motion Shannon Thom Seconded by Carla Bullinger Carried

Review & Approve Minutes for April 24, 2023

Motion Krista Harvey Seconded by Laurie Walters Carried

Member Introductions: members shared their names and organizations.

Guest Speaker(s): Gregory Nickel was unable to attend, and will reschedule for the June meeting. Bree Odd, Cariboo Regional Educator with BC Schizophrenia Society (BCSS) provided Schizophrenia and Psychosis Awareness Day presentation.

- BCSS is a non-profit dedicated to supporting families, providing education and awareness, and breaking stigmas associated with serious mental illness.
- May 24 was World Schizophrenia and Psychosis Awareness Day
- Psychosis is a split from reality; it includes symptoms of delusions and hallucinations
- Psychosis can be caused by mental health disorders, medical conditions, and substance use
- "What is Psychosis?" video - <https://www.youtube.com/watch?v=RRGGxK3OpNc>
- Stigmas are damaging and can lead people to not receive proper treatment for recovery
- Build awareness and reduce stigma by learning the facts
- People living with schizophrenia need strong support systems, appropriate treatment, a sense of belonging
- Schizophrenia is a brain disease, often diagnosed in the late teens to early twenties.
- Symptoms must be present for at least six months for diagnosis. Complex symptoms make diagnosis hard. Symptoms are not related to cultural, spiritual or religious beliefs
- Co-occurring substance use can lead to misdiagnosis and non-adherence
- Positive symptoms - ordinarily would not be there, i.e. hallucinations;
- Negative symptoms elements are taken away, i.e. affective flattening (diminished emotions)
- Cognitive symptoms impacting daily living, i.e. disorganized behaviours
- Anosognosia is a very severe lack of awareness and does not understand they are ill
- Early diagnosis and intervention are key components to better recovery
- The biopsychosocial spiritual model used for the treatment plan is holistic with the understanding that medication is required
- Communication tools like [LEAP](#) are important to support someone in recovery

- Know the resources available in your community.
 - Mental Health and Substance Use Interior Health provides support for moderate to severe mental health diagnosis
 - Canadian Mental Health Association Cariboo Chilcotin (CMHA CCB) provides support for mild to moderate mental health diagnosis
 - Harm Reduction provided through BGC and CMHA
 - BCSS provides support to families and friends who have a lived one diagnosed with serious mental illness

Questions, Comments, Concerns

Question from Carla, do others in this meeting support serious mental illness locally? **Heather**, CMHA provides support – crisis and counselling, family solutions, homeless outreach, advocacy outreach, suicide prevention, and several other wellness programs. **Bree**, Foundry provides services for youth impacted by severe mental illness. **Madi**, CMHA provides safeTalk and ASIST

Lightning Round - Share an Organizational Update, a Challenge, or a Success

Shannon Thom, Horton Ventures (d.ba. WorkBC Centre Williams Lake): Assisting with Interior Health hiring event. Those interested in careers such as cooks, food service, and/or housekeeping should attend. They may do interviews and hire on the spot.

Tammy Levesque-Holyk, Metis Nation BC: Provides Metis citizens with cultural services. The Early Year's Program provides \$500 per month for childcare and \$500 for the months of July and August for children in summer camp programs. Provide Metis cultural workshops to interested organizations. Provided in chat <https://www2.gov.bc.ca/gov/content/governments/services-for-government/service-experience-digital-delivery/service-content-design/translated> **Question from Carla**, "Is Williams Lake a Metis Chartered Community?" **Tammy**, "Yes"

Tammy Deausy, Cariboo Chilcotin Child Development Centre (CCCDC): Foundry is having its grand opening on June 16, with Mike manning the grill. It is an open house from 12 pm – 3 pm. Horsin' Around is continuing and Ruth Shaw is providing an FASD program for 10 participants. Please refer people.

Chris van der Mark, School District 27 (SD#27): The daycare work is full steam ahead at the former dorms. Abatement taking place now. The recruitment and hiring blitz is going well. In the process of creating the capital plan, including the new Marie Sharpe rebuilds, costing \$30-35 million. Grad celebrations are here next week, at Peter Skene Ogden (PSO) next week. **A question, Larry**, how many spaces will be available in the childcare centre? **Chris**, 113. **Marni**, is the grad parade taking place? **Chris**, not sure, SD does not oversee the grad activities. Are the Burgers for Grad taking place for dry grad?

Heather Silvester, Canadian Mental Health Associations Cariboo Chilcotin Branch (CMHA CCB): Navigator Program is underway with standard voluntary guidelines. CMHA provides Psychological Safety in the Workplace. It is through the BC division, and it is not free. Recognized for agency retention in the community. Crisis Response Team is attending the Elder Abuse Day on June 15 from 1 pm – 4 pm.

Madison Rushton, CMHA CCB: Can provide, safeTalk and ASIST, contact her at training.coordinator20@cmhacariboo.org

Krista Harvey, BGC Williams Lake: Mountain Biking Mondays for beginners, Wednesdays for intermediate. BGC Open House is June 2, donors and partners are welcome to attend. There will be a 50/50 draw and a silent auction. Summer camp is filling fast with registration online. Fundraising for a new playground. The summer activities include hiking, outings, and a possible trip to Barkerville. August 30 is the Street Party with a water fight. Call Krista or Madison

Laurel White, CMHA CCB & BGC Williams Lake: The Community Action Team (CAT) with CMHA CCB will be providing another free community-wide training event on July 11, from 5:30 pm – 7:30 pm. International Overdose Awareness Day event on August 31, stay tuned for updates on food vendors, activities, and agency tabling.

Laurie Walters, Social Planning Council (SPC): Lots of great info shared.

Marnie Brenner – Interior Health (IH): Settling into the new role, engagement with local partners. Attended media training in Kelowna. Will be attending the Interior Caucus meeting, there is more engagement with Indigenous communities. Extreme Heat management info coming, call her for more info

Melissa LaPointe, City of Williams Lake: Busy with recruitment and retention in Health Care. Many locums are consistently coming back to the area and bringing family with them. All is going well with Allied Health. 73 people showed up for our Wine & Cheese event for health professionals.

Stephanie Masun, Cariboo Regional District (CRD): It is Emergency Preparedness Month. Provincial emergency notifications interrupt services; local notifications do not. Sign up for Everbridge, the CRD emergency notification [HERE](#). There has been significant communication and coordination with interagency collaboration between the CRD, SD 27, First Nations Health Authority (FNHA), and Interior Health (IH). Working to promote preparedness in the community and connect people. Risk Awareness and Pathways to Preparedness are taking place now.

Stacey Miranda – City of Williams Lake: (provided via chat) June is Parks and Recreation Month - and ParticiPaction. Free Events Daily - call the CMRC for a schedule 250398 7665

Barb Jones, Communities That Care (CTC): Barb will be leaving CTC and we will be seeing some changes to CTC areas of focus. Collaboration is still key and partners have stepped up to continue chairing the network meetings as follows: SPC in June, Denisqi in September, and SD 27 in October. The discussion has started to conduct another Prevention Needs Assessment; this means Williams Lake would have 20 years' worth of data to use for priority actions and future funding.

Craig Glover, Williams Lake and District Credit Union (WLDCU): Provincial regulatory changes are happening, for long-term financial consumer protection. Real estate is down due to migration slowing. Insolvency borrowing impacts have not been seen yet. Higher wages mean higher inflation. The Homebuyer's workshop was well attended. Will be providing a finance workshop for Indigenous Youth in the near future.

Brianna van de Wijngaard, The Central Cariboo Community Food Hub: The Food Hub is an exclusive project of United Way BC in the Thompson Nicola Cariboo region. On July 12-14, United Way

will be visiting to ensure Food Hub development is going well. They will also be highlighting project activities, needs, and gaps with donors. Come out to show your support. They will be working on a media campaign (video coverage) of the benefits seen, if interested please email Brianna at foodhub@wlspsc.ca **Comments**, Krista of BGC and Chris from SD 27 want to connect. SD 27 has the *Feeding Futures Funding*

Hannah Diether, Rural Divisions of Family Practice: A new dietician and Social Mental Health Clinician starting in May. Collaborative service planning for primary care in the community for those impacted by the closing of the Yorston Clinic and attaching patients to maternity care.

Alyson Campbell, CRD: Marnie please provide contact info

Bree Odd, Social Planning Council (SPC) and BC Schizophrenia Society (BCSS): Nothing more at this time

Josh Smith, Williams Lake RCMP: Working with crown council and probation on the development of the Repeat Violent Offenders Hub pilot for Williams Lake and surrounding areas. Supporting graduation ceremonies and full-force detail for the Williams Lake Stampede weekend.

Larry Stranberg, Community Futures Cariboo Chilcotin (CF): Seeing many English as Second Language (ESL) clients. Looking for a program to convert documents to other languages. The Canadian Blind Association can convert documents for those living with blindness. Reach out to Carla at CCPL. SD 27 has some different tools to use, connect with Chris.

Chris, SD 27: There is potential to create two-bedroom suites in the old dorms please connect with SD 27 if interested in collaborating on an initiative like this.

Meeting Adjourned: 12:52 pm Chris van der Mark