



# CTC Board Meeting Agenda

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Location: Denisiqi Service Society, 240B Mackenzie Ave, Williams Lake

Date: January 14, 2020

Time: 1-3 pm

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**Present:** Natasha Poyser, Annette Frank, Kendra Taylor, Eva Navrot, Linda Bingham, Sandra Scott, Barb Jones

## Agenda Details

1) Welcome/Introductions

2) Review Agenda and November highlights

- No additions or changes to January agenda.
- November highlights: Guest Speakers, Eva Navrot and Robyn Rekunyk from the Women's Contact Society (WCS) spoke about the Community Connections, Red Cross project and other services offered by the Women's Contact Society.
- Jordon Davis announced the local Child Care Needs Assessment Survey was extended to Jan 6<sup>th</sup>2020.
- Milo McDonald, Chief Administrative Officer for the City. TRU is planning to offer support on campus for distance learning students in certain programs. An information night was held November 18<sup>th</sup>.

3) Snowball Icebreaker Game (questions or statements about CTC)

- Group verbally consented to pictures. A few highlights from the conversation that resulted:
- How to involve more youth in CTC. Discussion: Host CTC meetings at the school a few times per year and invite students to attend, involve student leadership group. Discussed Youth Tool kit as a resource.
- What activities and programs has CTC supported. Received feedback that many people enjoyed the Word of the Week. Used it by translating into their traditional language for a discussion topic. Barb agreed to send email to seek interest level for Word of the Week continuing.

4) CTC 2019 Highlight Report and review of 2020 meeting agenda. See attached file.

2016 Community Profile: <http://www.sd27.bc.ca/healthy-schools-healthy-students-/communities-that-care/>

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- In February we will be exploring our community's narrative through a mapping exercise and need large or small building blocks. Please email Barb if you can donate blocks for this activity. They will be returned!
- Handed out the Free Money poster. Looking for feedback to see if this is a resource people will use, poster attached. Contact Barb for more information.

#### 5) Roundtable:

Linda Bingham, Denisqi: The Drop In Ice Hockey program continues Wednesdays until March 11<sup>th</sup> 3:45-4:45 pm; transportation available for youth who need it through the Boys and Girls Club.

Eve Navrot, Women's Contact Society: Family Fest is January 26<sup>th</sup> 10am – 2 pm in the Gibraltar Room. There is lots of room for registering tables, so far only 10 responses. Please send registrations to Robyn and plan to have an activity at your table. Chantel with the Community Solutions to Poverty is looking for people to contribute their lived experiences with poverty at a meeting on January 24<sup>th</sup> ,11:30-1:30pm at CMHA, Free Lunch. Eve ran a healthy relationship workshop for 18 female hockey players, grades 8-12 (most in gr 10) on a Sunday. The course went very well.

Kendra Taylor – Interior Health: Immunizations are underway for grade 9 students. Discussion around how to assist teens in accessing free contraception. Definitely a gap for youth who are seeking contraception, who do not want their parents to know and do not have money to pay for it themselves.

Sandra Scott – SD27: 100 Mile House Be Safe primary student program teacher training planned for April 2020. On February 21<sup>st</sup>, Trauma-Informed training planned to support teachers with trauma-informed practices in the classroom. Not for general public, intended to build teacher capacity around mental health awareness and wellness in the classroom. The Suicide and Sudden Death committee recognizes the lack of First Nations represented at the table. Participation has dropped on the committee. Wondering if there are any agencies on the CTC list that are not getting their emails to attend meetings. Committee helps provide wrap around support for anyone affected by sudden death and suicide. Due to confidentiality, it is important that appropriate members attended meetings.

Suzanne Cochrane, Cariboo Memorial Recreation Complex, Tumble and Play runs Saturdays at Marie Sharpe from 10-11:30am for 0-5-year old's. There is a meeting on Thursday 6-9pm at Community Futures to discuss child care issues in Williams Lake. The Principles of Healthy Development course, learning what make your program healthy for children is full. The HIGH FIVE® Strengthening Children's Mental Health (SCMH) program will be on January 21<sup>st</sup>, \$15

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registration fee for this one-day in-person training for recreation leaders, developed in collaboration with Ontario's Canadian Mental Health Association (CMHA). The program is intended for municipal staff and supervisors offering children's programs to be better informed about providing early intervention for children's mental health. Pizza and swim night on January 26<sup>th</sup> sponsored by Red, Tomato Pies. Sign up on line, \$9/person includes swim, pizza, ice cream and a drink. Denise has retired from the Coordinators position. The new position now has a focus on adult and cultural programming and Suzanne has taken on licensed care as part of her portfolio and working full time.

Annette Frank, TI'etinqox Justice Worker. Services include supporting community members involved with court. A cultural belief is that young people need to have their life goals set by age 25 to be successful. Annette helps youth make priorities to achieve this goal. Also provides cultural nights Mondays from 4pm-6pm, included cultural singing, crafts and cribbage.

Natasha Poyser, WLIB Social Development Department, have two family events planned in community. On January 26<sup>th</sup> family date night that consist of 20 tables treating families to different activities and on February 9<sup>th</sup> Mental Health Wellness at gym that provides self-care activities such as massage and cultural crafts and activities.

6) Next meeting is February 11<sup>th</sup> at the Community Futures Board Room. Topic: Mapping Our Community Narrative.

*Snowball Ice breaker game. Thanks to all the brave souls who made it to the meeting on the coldest day of the year. We had many regrets due to cars not starting!*



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### **Snowball Questions/Statements:**

1. Statement: Communities that Care is a collaborative community effort to improve the health and well-being of children and youth in our community.
2. Question: The Prevention Needs Assessment Survey measures what in children and youth?
  - Answer: Risk and protective factors
3. Statement: The four priority areas measured in the Prevention Needs Assessment survey are: Community, School, Family and Individual/Peer Domain
4. Statement: CTC applies the Social Development Strategy, a strength-based approach to healthy youth development. It is based on nurturing children and provides opportunities to build their skills. It recognizes positive behaviour. This builds bonds, attachment and commitment to families, positive peers, schools, and communities.
5. Question: When are CTC Network meetings held?
  - Answer: On the second Tuesday of every month except December and August.
6. Statement: Results from the 2016 Prevention Needs Assessment survey indicated that of the youth surveyed:
  - 67% have high protection factors of support
  - 63% are strongly attached to their family
  - 2 out of 10 have NO ADULT they trust to talk to
  - 38% experience depressive symptoms
  - 55% are high risk
7. Statement: Changes observed between the 2009 and 2016 Prevention Needs Assessment Survey include:
  - 9% School commitment increase
  - 6% Academic failure decrease
  - Grade 8 binge drinking dropped 20% to 4%
  - Violence down 9%
  - 50% less gang involvement
8. Question: When is the next Prevention Needs Assessment Survey planned?
  - Answer: November 2020
9. Question: Where can I access the Community Profile that outlines the survey results and all the work of CTC.
  - Answer: on the SPC and School District websites, the link is attached to every Network meeting agenda and minutes or email Barb and request the link.
10. Question: Name some of the strategic actions and projects identified by CTC?
  - Answer: Positive Action, Circle of Courage, Roots of Empathy, Play Boxes, Safe Spaces, Trauma Informed Practice
11. Question: What are some ways we can involve more youth with the CTC effort?
  - **No right answer, looking for feedback!!**

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