



# CTC Board Meeting Minutes

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Location: Zoom Link  
Date: September 8<sup>th</sup> , 2020  
Time: 1-3 pm

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*Present: Cara Bullinger, Anne Burrill, Linda Bingham, Dana Sarauer, Cherry Tam, Barb Jones*

- 1) Welcome, recognition of Indigenous lands of the Secwepemc Nation, and introductions.
- 2) Review July highlights and September agenda.
  - July Guest speakers, Anton Dounts, Area Librarian for Cariboo Regional District Library and Emma Davidson, Recreation Program Coordinator (Child and Youth)
- 3) Spiral Journal exercise:
  - I participated in the National CTC Coordinators Zoom Meeting last month and did this exercise and thought it was a great way to start or end meetings. The questions can be adapted to the topic you are meeting about.
  - Reminder, CTC is a collaborative community network that works to improve the health and wellbeing of youth in our community. The cornerstone of the CTC process is the Prevention Needs Assessment Survey (PNAS) done every few years in the school district that identifies risk and protect factors. As a network we implement evidence- based practices to create healthier environments for children and youth within the Social Development Strategy framework.
  - On this call, it talked about applying the Social Development Strategy to create happiness in ourselves. One of these evidence-based practices is that of practicing gratitude. For more instruction see <https://www.happy.co.uk/blogs/how-to-use-liberating-structures-to-energise-your-meetings/>
- 4) Guest Speakers:
  - Cherry Tam from the Fraser Basin Youth Council. Looking to recruit youth in the Cariboo region who want to make a difference in their community by working on economic and environmental issues. Please share the *Co-Creating a Sustainable BC* poster attachment in this email, print and post anywhere youth might see it.(Note: Poster works best printed on legal sized paper).

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

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- Please contact Cherry at [ctam@fraserbasin.bc.ca](mailto:ctam@fraserbasin.bc.ca) or 604-488-5354 for more information.
- 5) Community Navigation Project – Carla Bullinger, please see attachment on this email.
- Training TBA in November
- 6) Wicked Question Exercise review for October : <https://www.hsdinstitute.org/>
- **What?** Asker frames an issue they are struggling with in 3-5 sentences
  - **So What?** Asker listens to question generated from the group without answering them. The groups ask questions that are: Open ended, Not disguised as advice, And can be beyond the knowledge of the asker
  - **Now What?** Asker reflects on the questions asked.
- 7) CTC updates:
- PNAS: I called BACH Harrison for feedback on whether we should delay the survey. Response was that it is up to us. BACH Harrison will be flexible in accommodating how we decide to deliver the survey. They are set to provide a combination of paper and online options with both home and school links. They find solidity of the data is good between the paper/online surveys and are in the process of putting together a proctor video for surveys done at home.
  - Discussed concerns that the data will not be comparable if done in the middle of a crisis. Considerations: We have no idea how long the pandemic will go on for or what school will look like this year. If we go forward, we will need to accept the data will be different and we may not be tracking the issues we were measuring before but, it may be valuable to see the impacts of the pandemic on youth to this point. Either way, the data will be good and may point to other things that we can cater our prevention efforts towards.
  - Anne and Barb have a meeting Sept 24<sup>th</sup> with Cherly Lenardon, SD27 Assistant Superintendent and Catherine Vandermark Support student services.
  - Funding: Gants approved from Community Futures, Credit Union, and Rotary Club that cover the cost of the survey. Deadline for the CRD and City grants September 30<sup>th</sup> and waiting to hear back from United Way and Red Cross
  - Playboxes are closed until further notice. Meeting with Emma Davidson this month to provide an update on the history of the playboxes.
- 8) Roundtable updates:  
Dana Sarauer, Facilitator of Educational Programs, Community Based Victim Services, CMHA

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- Become the Change, Men's program is ongoing. The last session, done in person (groups are smaller to ensure physical distancing), just finished and the next session starts in October. Received funding to provide a Women's Program (not for victims, for abusers) Continuing to work on the website to offer Human Trafficking training modules that will also be available in Shuswap.

Anne Burrill, Thrive Project Lead, Executive Director, Social Planning Council of Williams Lake and Area

- Focusing on finalizing Thrive's community poverty reduction report, assisting with the Community Navigator project, affordable housing with the City of WL and supporting food security issues through the development of a community kitchen on Saturdays that utilizes unsold food from the farmers market.

Linda Bingham, Denisiqi Family Services Society

- Mail out program that emails activities to do at home has been well received by families, currently have 215 on their mail out list. Offering the Circles Program in partnership with the Child Development Center, Family Wellness, Parenting skills and Pathways to Power (with elders present) programs continuing. There has been a dramatic increase in 1-1 outreach services. Equine program continues to run with the next dates starting in October.

Emma Davidson, Recreation Program Coordinator (Child & Youth), by email:

- Kaitlyn Atkinson has been hired as the Manager of Recreation and Leisure Services. She started on September 1<sup>st</sup>. The Active Living Guide was published for the Fall and Winter programs and registration opened as well. The "hot spots" in the pool opened on Sept 1<sup>st</sup>. Swimming lessons will start on the 15<sup>th</sup> with parent participation required up to level 4 and instructors teaching from the deck rather than in the water. Ice has been put in Rink 1 and programs have started. There are private ice times available to be booked. Public and Family skates will start October 3<sup>rd</sup> and 4<sup>th</sup>.

Eva Navrot, Women's Contact Society, by email:

- Next Good Food Box is September 28<sup>th</sup> call 250-392-4118 to order your box, \$15.00/each. Red Dress campaign is Oct 9<sup>th</sup>, reverse parade, red dress awareness in businesses more info will be available closer to the date. Both kids and Adults closets are open for donations and pick up. Food shelf up and running, we are back to regular hours Monday to Friday 9:00 -4:00. Kidcare daycare 1 and 2 super busy.

Carla Bullinger, CCPL: PL Update

- Today, Sept. 8, is International Literacy Day! During this pandemic, we've seen that literacy matters more than ever. If you have any clients who need support, please introduce them to one of our staff members. I'm pleased to introduce a number of new

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staff members to our Williams Lake team. We are currently seeing clients by appointment. Contact information is below.

**Settlement Services and General Inquires** – Katya Potekhina by email [katya@caribooliteracy.com](mailto:katya@caribooliteracy.com) or phone 778-412-9333

**Financial Literacy Services** – Suzanne Cochrane is our new Financial Literacy Coordinator. She provides workshops and one-on-one support: email [suzanne@caribooliteracy.com](mailto:suzanne@caribooliteracy.com) or by phone 250-392-7833.

**Partner Assisted Learning and Computer Literacy** (volunteer tutoring programs) – Suzanne is also providing support in the PAL program: email [suzanne@caribooliteracy.com](mailto:suzanne@caribooliteracy.com) or by phone 250-392-7833.

**ESL (English as a Second Language) Classes and English Language Practice** – We offer classes as well as more informal Language Practice Circles. Angelika Sellick is our new ESL Instructor: [angelika@caribooliteracy.com](mailto:angelika@caribooliteracy.com) or by phone 778-412-9333. Katie Everett supports Angelika with English Language Practice Circles: [katie@caribooliteracy.com](mailto:katie@caribooliteracy.com) or by phone 778-412-9333.

**Literacy and Plain Language Support** –If you want to make your program more literacy friendly or get plain language support, you can contact me, Carla Bullinger at [carla@caribooliteracy.com](mailto:carla@caribooliteracy.com) or by phone 250-620-0032 (my home office number).

**Urban Aboriginal Outreach** – We are currently looking for a part-time outreach worker for our Urban Aboriginal Outreach Program. For more information contact Carla at [carla@caribooliteracy.com](mailto:carla@caribooliteracy.com)

9) The next CTC Zoom Network Meeting - October 13<sup>th</sup> 1-3pm

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