

COMMUNITY MEMBERS MEETING MINUTES - DRAFT

Date: March 28, 2022 **Time:** 11:30 am – 1:00 pm **Location:** [Zoom](#)

Chair: Shannon Thom **Minutes:** Bree Odd

Present: Anne Burrill, Barb Jones, Shannon Thom, Bree Odd, Marvene Layte, Marni Brenner, Brianna van de Wijngaard, Sherry Yonkman, Carla Bullinger, Beth Veenkamp, Sheila Boehm, Silvia Seibert-Dubray, Beth Holden, Pat Biblow, Rosanna McGregor, Hannah Diether, Nancy Colton, Chris van der Mark, Eileen Alberton, Michele Bebault, Sharan Kaur

Regrets: Larry Stranberg

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'ixelc people.

Review & Approve Agenda for March 28, 2022

Motion 1 Carla Bullinger

Motion 2 Laurie Walters

Carried

Review & Approve Minutes with Amendment for February 28, 2022

Motion 1 Laurie Walters

Motion 2

Carried

Member Introductions: Members present shared names and associated organizations.

Guest Speaker(s)

Bree Odd, Cariboo Regional Educator with the BC Schizophrenia Society (BCSS), presented on World Schizophrenia Day and schizophrenia awareness.

- World Schizophrenia Awareness Day is on May 24, show your support and help break the stigma by sharing info, using correct language, wearing purple, and lighting up your organization in purple.
- BCSS provides education and support for families and friends of those living with a serious mental illness, not just schizophrenia. Current programs include:
 - Strengthening Families Together, Family Support Groups, one-to-one family support groups, partner education, Kids & Teens in Control, Podcasts, Yes2Me Scholarships
- Schizophrenia is a biological physical brain disorder that distorts the senses.
- There is no cure yet and the causes are unknown, though there is research continuing to find the cause. Schizophrenia is not caused by childhood experiences, poverty,

parental negligence, guilt, failure, or misbehavior though they may be contributing factors.

- Individuals living with schizophrenia have a higher risk of death by suicide, approx. 40-60% attempt suicide – approx. 10% die by suicide.
- Schizophrenia is a youth's greatest disabler with the age of onset being 15-24 years.
- Schizophrenia inflicts 1 in 100 people worldwide, approx. 40,000 people in BC.
- Childhood schizophrenia, though very rare impacts 1 in 40,000, and adult-onset after the age of 45 can occur.
- Positive symptoms refer to symptoms that should ordinarily not be there: delusions, hallucinations. Negative symptoms refer to elements taken away, i.e., affective flattening (diminished emotional responsiveness), anosognosia (severe lack of awareness, the individual CAN NOT understand they are ill). Cognitive symptoms: attention, memory loss.
- There are four phases of schizophrenia, it is important to note the illness is episodic and recurrent, not linear as may be thought.
- 36% of offenders in the justice system have been identified as requiring psychiatric or psychological follow-up. Predictive factors for becoming incarcerated can be lack of treatment plan adherence, symptoms, concurrent disorders, history of violence.
- Recovery **IS** possible, it will be different for everyone. Recovery is lifelong and requires an ongoing treatment plan. Treatment plans always include medication, medication is the #1 treatment for schizophrenia. Family and community support, and education are also integral to recovery.
- Early psychosis interventions, the closest being Prince George and Kamloops are important in recovery efforts. The longer the illness goes without diagnosis and treatment the more serious the effects on the person and their future.
- Support a person living with a mental illness by learning communication techniques like LEAP <https://leapinstitute.org/>, learning more about the illness, and sharing information with those who may not be aware.

Questions, Comments & Answers:

- **Carla:** What do all the A-word symptoms mean? Bree: **Affective Flattening**, diminished emotional response; **Alogia**, poverty (lack) of speech; **Avolition**, social withdrawal; **Anhedonia**, loss of interest in previously enjoyed social activities; **Anosognosia**, severe lack of awareness of the illness. We use these words because they are the words the family member will hear if their loved one is diagnosed with schizophrenia. **Carla:** Symptoms look like other illnesses, like depression. **Bree:** This is often why mental health professionals are hesitant to make a diagnosis, it is a complex and time-based illness to diagnose.
- **Sheila:** Many homeless individuals live with a serious mental illness. There is a lack of resources, and the city is working on mental health/illness resolutions. **Bree:** There is a need to bring awareness to serious mental illnesses, especially for Restorative Justice, RCMP, Community Safety & Wellness. Family physicians are typically the first to attend to a person living with a serious mental illness, unfortunately, they may not have the knowledge necessary to make a diagnosis. Families are often the first to recognize the

changes in their loved ones and when there is a lack of resources situations can escalate to RCMP involvement and involuntary admissions.

- **Beth:** Does a person recover from schizophrenia, what does it look like? **Bree:** Yes, like diabetes, it requires lifelong treatment. If one does not continue in treatment (most specifically medication) there will be a relapse.

Lightning Round Organizational Updates: Remember you only have 2 minutes :)

Anne Burrill – Social Planning Council (SPC): Rent bank pilot was successful, with 9 loans, and 23 people supported; the decision has been made to transition the program back to the provincial rent bank. Anne will be leaving the Social Planning Council to work with Urban Matters. She is working with the board on a transition plan. The [Recovery and Resiliency Fund](#) for not profits is managed by the Vancouver Foundation and is anticipated to launch soon. There is multi-year funding, stay updated at <http://go.vancouverfoundation.ca/l/468821/2018-10-02/3wv45q>

Sheila Boehm – City of Williams Lake: Working on health resolutions now; there is mental health underfunding, a lack of doctors/nurses and other health practitioners and underfunding for locums (when doctors leave there is no one to cover for them). Presented at the UBCM quarterly meeting in Fort St. John, looking forward to future in-person meetings.

Silvia Seibert-Dubray – City of Williams Lake: Restorative Justice trained 12 volunteers (5 outside the community). There are seven new facilitators. All volunteers will now be recognized under protective services on the website. Cariboo Chilcotin Acute Response Team (CCART) responded to 183 situations to date.

Sherry Yonkman – Downtown Williams Lake Business Improvement Association (BIA): Not sure how the BIA fits into social planning? Beginning a call for grants applications up to \$10,000 for Artists to create public pieces, not just murals. **Discussion:** **Carla:** Businesses are integral to the social and economic development of the community (all agreed). **Rosanna:** Maybe we need a session to acknowledge how social and economic development goes hand in hand with local businesses. **Anne:** We would be happy to provide an info piece for the Downtown Williams Lake/BIA newsletter to share information about SPC, but also about how social and economic development is interrelated. **Sherry:** Please contact me at 250-398-5717 or info@downtownwilliamslake.com

Sharan Kaur – Canadian Red Cross (CRC): Looking for ways to carve out space for collaborative work and with the SPC.

Marvene Layte – Northern Interior Communities Association (NICA), Gaming Grants: Two webinars coming up, April 1, 1 pm to 3 pm, and April 21, 10 am to 12 pm. Contact [Marvene](#) for more info. Sports assistance is coming.

Rosanna McGregor – Cariboo Friendship Society (CFS): Hosting You Are Not Alone program for cosmetologists and health providers on April 20th at Hearth Restaurant. Attended Toxic Drug Crisis Group, working on myth-busting the assumption that overdoses are from

needle use, overdoses are also caused by smoking crack and other drugs laced with toxic drugs. Considering the audience, maybe consumers? Working with Interior Health (IH) on products and distribution of harm reduction materials and overdose kits. In the planning phase of the Red Dress Campaign, the National Day of Awareness for Missing and Murdered Indigenous Women and Girls (MMIWG) is May 5th. Red Dress stickers are available for interested businesses to show it is a safe space/haven. Working on internal planning with Tribal Council input. **Questions/Discussion: Carla**, will there be training on the Red Dress Day campaign and what it is? **Rosanna**: Yes, will share info with Bree to pass on. Messages will go out to RCMP and others. There is no official funding partner for the Red Dress Campaign and t-shirts. Looking for a focus - Violence in Relationships, Violence Against Women, Violence Against LGBTQIA2S+ all are very different. It is a Red Dress Campaign not the Red Dress Button campaign. **Sherry**: Send me info on You Are Not Alone and the Red Dress Campaign, to share out. **Sheila**: What is to be done with the stickers, what can businesses do? **Rosanna**: Have stickers on windows, be recognized as a safe haven. **Laurie**: This is a great way to connect businesses with social developments. Who created the sticker design? **Rosanna**: The Aboriginal Housing Association commissioned an artist to design it. **Marvene**: Can share Red Dress Campaign info on her business database. **Anne**: Shared opioid and poisoned drug resource: <https://www.stopoverdose.gov.bc.ca/theweekly/new-lifeguard-app-can-help-prevent-overdose-death>

Pat Biblow – Thompson Rivers University (TRU): Last day of winter classes is April 16, with exams on April 30. Summer programs coming up.

Michele Bebault – Thompson Rivers University (TRU): Human Services program wrapping up practicums. Thank you to all who provided a practicum placement. Will know more soon re face to face and the upcoming HS program.

Rev. Nancy Colton – St. Andrew's United Church: (via chat box) It was awesome to host the Food Hub folk in our kitchen and for sure we have room to “host” your freezer :-)

Marnie Brenner – City of Williams Lake: Difficult for people living with serious mental illness to adhere to treatment plans. Chaired the Indigenous Relations and Reconciliation Committee (IRRC). Having discussions about going to communities, 13 in our area, and learning what they need us to do. Williams Lake First Nation is hosting the Prime Minister. National Indian Residential School Crisis Line is 1.866.925.4419

Laurie Walters – Community Futures, PASS Program:

Hannah Diether – Divisions of Family Practice: There is a new medical practitioner starting in the primary care network, also two new social workers, one in 100 Mile House, one in Williams Lake, and a new pharmacist with Allied Healthcare **Question: Marnie**, there have been concerns re people being unable to contact the Bridge Clinic? Is there another way to follow up? **Hannah**: we are aware of this and working to address and improve the issues.

Chris van der Mark – School District 27 (SD27): Back after spring break without masks. Focus now on staffing and budgeting for next year. SD 27 is in good shape, work is being done on recruitment and retention. Good conversations on housing being a key to keeping people. Working on drafts for new day care, new school, and others.

Eileen Alberton – Women’s Contact Society: Child Care Resource and Referral (CCRR) is providing a new program Little Cariboo Kid Café, Wednesday, and Thursday mornings from 9 am to 11 am, the \$6 charge will be covered. We will be hosting a table at the upcoming Williams Lake First Nations Family Wellness Fair at the Gibraltar Room. The Good Food Box still offers a large bag of fresh produce for \$15. The just for fun ladies’ singing group at the St. Anglican church is on Thursdays at 6:30 pm. The next Lunch, Listen, & Learn will host Michelle Stevens sharing info for shopping on a budget. The Wellness Fair is on April 21, it will feature products and services for women.

Carla Bullinger – Cariboo Partners for Literacy (CCPL): Supporting adults to improve literacy skills, one-to-one financial coach, immigration & settlement services, and English as second language support.

Brianna van de Wijngaard – Central Cariboo Community Food Hub: Thank you to Nancy Colton for helping and providing space for the mini food project and all other partners. The project had volunteers assist in preparing 300 frozen meals, which were donated to three local organizations. Gleaning food recovery ideas in the summer months and other important projects.

Beth Veenkamp – City of Williams Lake: Very sad to see Anne leave, she was an integral person in the development of so many projects including the Childcare Plan. The work at Boitano Mall is moving ahead, permits have been acquired, and set for a completion date, of 80 units, by next March. The war in Ukraine is resulting in calls from people wanting to help, we are unsure how this will look. CCPL continues to provide support, people wanting to help could be trained to assist at CCPL. Homeowners may be asked to open their homes to host families. Contact Dave Dickson at ddickson@williamslake.ca for more information. It is a good time to volunteer. **Question: Laurie:** Is there info on foreign workers? **Beth:** There is a federal government job bank for refugees. Men and boys are not allowed to leave the country making it a challenge. BC has temporarily paused intake for the Provincial Nominee Program (PNP) for people who have money to come to Canada. There are two new streams of work permits - Child Care and Health Care.

Barb Jones – Communities That Care (CTC), Rental Subsidy Assistance: The Community Profile – It Takes A Village written by Anne Burrill is now available on the [SPC website](#), take a moment to read through it. Working on developing plans, activities, and ways to collaborate on initiatives arising from the profile. The next meeting will be on April 12, from 1-3 pm, looking for a large venue. Planning event “Gathering Our Collective Strength” on May 11 at Signal Point.

Beth Holden – Cariboo Regional District (CRD): Scale rural communities and pass the information along. Connect with Chris regarding the “[Make the Move](#)” page on the website. Attempting to increase awareness of rural communities through a new marketing campaign launching soon, hoping to target campaign to areas in need.

Bree Odd – Social Planning Council (SPC), BC Schizophrenia Society (BCSS): Nothing more

Shannon Thom – Horton Ventures (d.ba. WorkBC Centre Williams Lake): Nothing new

Meeting Adjourned: 1:07 pm

Motion: Eileen Alberton

Carried