



Carman Wellness Connections

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Carman Wellness Connections – Board Meeting Approved Minutes of Thursday, March 10, 2022 3:30 – 5:00

COMMON VISION: Together, creating a community where everyone has the opportunity and supports to flourish where they live, learn, work and play.

COMMON VALUES: Common values will guide our behavior, inspire our actions, and encourage conversation within every component of this community initiative.

Empowerment	Sustainability	Accessibility	Best Practice	Respect
Shared Responsibility		“Nothing about us, without us”		“It takes a village”

Present: Karen Tjaden(co-chair), Susan Weppeler(acting secretary), Lorna George (Treasurer)
Wendy Durand (Grant Coordinator), Colin Hay (by zoom), Janet Fowler, Allison Abbott-Weibe,
Rachel Siemens

Regrets: Cecile Affleck, Amy Johnson, Debbie Iverson, Lisa Lehmann, Nancy Clearwater, Darcy Redekopp

1. Welcome:

- Land Acknowledgment: We acknowledge with respect the history, spirituality and culture of the Anishinaabe, Cree, Ojibway, Dakota and Dene Peoples with whom Treaty One was signed and the territory where we reside. We also honour the heritage and gifts of the Metis people. Under the terms of Treaty One, we now share the responsibility of caring for the earth, sky and water where we pledge to create a sacred space of welcome where all might find a home.
- Moment of Focus - Janet read the Common Values. We are reminded of these values; Shared Responsibility, Accessibility, Sustainability, Empowerment, Reminder- " It takes a Village" to create the community that we want and to value shared partnerships.

2. Approval of the Agenda:

Motion: Agenda approved as circulated.

Moved/Seconded by: Lorna George /Allison Abbott-Wiebe CARRIED

3. Approval of CWC Board Meeting Minutes of January 27, 2022.

Motion: To approve Board minutes of January 27, 2022 as circulated.

Moved/Seconded by: Lorna George/Allison Abbott-Wiebe CARRIED

4. Working Group Reports: Circulated with the agenda and attached with minutes.

Questions or comments brought forward from the report.

4.1 SEH – Support Phone Line. Phone line usage remains low. SEH has discontinued the phone line.

- 4.2 SEH - Stepped Care Solutions is collaborating with the Manitoba Government to develop a Provincial stepped care model for mental health and substance use services.
SEH representative attended a February 18, 2022 workshop and provided a report which was included in the Working Group Report.
- 4.3 Food Security - no report
- 4.4 Education & Employment - Allison reported the Group is small and has not met.
- 4.5 Affordable Recreation & Leisure: - Susan has provided a sled & saucer to the Little Free Sled Library which is located at the toboggan slide in King's Park, Carman.
Susan continues to have discussion with (GPAC) Desiree Penner and Nigel Bart to provide an affordable art class which would include children living with low income.
Plan: to begin these sessions as soon as possible
"Free Drop In Art Classes" on Saturdays 1 - 2:30 pm
- 4.6 Affordable Housing : No Report
- 4.7 Communication Support Team: website is live, further development and training required,
April 24 - 30th is National Volunteer Week- Theme: Empathy in Action. It could be an opportunity to promote CWC and inform the community about our charity
5. Community Resource Centre
- 5.1 Pilot Project Update: Drop In - every Tuesday 1:30 - 3:30pm
- Location: Carman United Church
 - Participation is low but positive for those who are participating. Average attendance is 5-8 people.
 - Planning Team is drafting a poster to promote Drop In
 - Contacted Donna Christen (Country Wood Signs) to collect info re cost & size of a metal sandwich board sign which would be placed outside during Drop In
- 5.2 Community Navigator Funding:
Nothing further to add at this time. No specific funding options identified as of yet.
6. Make Poverty History:
Discussion around MPH being a lobbying group to government to implement/change policies to reduce poverty.....CNC-Communities Not Cuts for a better Manitoba
7. Financial :
- 7.1 Year to date report provided and reviewed at the meeting. Balance as of March 10, 2022 \$9,464.07
- 2 laptops donated to CWC by Heartland Community Futures, laptops cleaned and refurbished by Webmarkers for a cost of \$372.28 which was donated back to CWC.
 - \$50 for membership in Carman Chamber of Commerce
- 7.2 Discussion around how to acknowledge donations/donations in kind - **Further discussion needed**
- 8.Grants/Funding:
- 8.1 Carman Area Foundation request by CWC – has been submitted.
CAF will notify us if request is successful
- 8.2 Donate Tab on Website - Discussion re how to donate to CWC
- Next Steps:**
- **Rachel Siemens to further investigate options**

- 8.3 Mental Wellbeing Grant of \$2,000 – available to community organizations.
- Application deadline is March 25/22. Discussion about applying for this grant, possibly Food Security, Affordable Recreation and/ or Supporting Emotional Health
 - Wendy to send out info to Working Groups, is willing to assist with application
- 8.4 Application to Town & RM for funding - Town will only be providing donations in kind this year for ie meeting space, office support, etc.
- 8.5 Have secured some donations of surplus furniture from local government organization that will need to be transported to the Memorial Hall space.

9. CWC Administration

9.1 Creation of a Funding and Grants Working Group or Committee

- Lorna and Wendy will be members - We are looking for new members within our Board, Working Groups & community

Next Steps: Lorna to contact Tyler King to invite him to be a member.

9.2 Membership – Canadian Economic Development Network (CCEDNet)

Discussion: Information circulated with the agenda.

Motion: CWC to become a member of the Canadian Economic Development Network (CCEDNet) for \$95 for the coming year in the event that we cannot access CCEDNet resources through an existing membership held by another organization in our community.

Moved/Seconded by: Wendy Durand/Lorna George

CARRIED

9.3 Homestead Co-op Membership

- Discussion re benefits, equity, discount

Next Steps:

- **Lorna to collect more information for April meeting**

9.4 Annual Meeting

- To be held in June 2022 Discussion of a free concert outdoors
- Suggestion of a possible location at GPAC courtyard. We want to provide a fun environment.
- Further planning at April Board meeting.

9.5 CWC Board Recruitment - members and officers

- Karen Tjaden will be completing her term as co-chair, Debbie Iverson will be finishing her term as secretary and stepping away from the Board.
- Board Members need to consider others to invite to participate on the Board and executive positions.

10. Correspondence

10.1 Boyne Regional Library has received a grant for seniors. Grant will help seniors have access to documents, printing documents, access transportation

Suggestion to invite Diane Cohoe – Boyne Regional Library to our Resource Drop In during Volunteer Week in April

11. Next Meeting- April 21, 7:00 - 8:30 pm

Location: Lower Level - Memorial Hall

12. Motion to Adjourn: Lorna George. Meeting adjourned @ 5:10 pm.

Working Groups/Communication Support Team Report - March 10, 2022

1. Supporting Emotional Health:

- Support Phone line – as the usage of the phone support line continues to remain low, the group will be discontinuing this role, but would like to know if CWC might have alternate use for this phone line or should it be cancelled. – **Bringing this item to the Exec. Committee/Board for discussion.**
- CWC was invited to participate in a Populating the Model Virtual Workshop with Stepped Care Solutions on Feb. 18, 2022 . A member of the SEH working group was able to attend and participate in this workshop on behalf of CWC.

Project Description: Stepped Care Solutions (SCS) is collaborating with the Government of Manitoba on its journey to develop a stepped care model for mental health and substance use services. Through an engagement process, community stakeholders will share their knowledge about our current services and resources as well as the unique needs and solutions that will fit in their local system. SCS will draw on a wide range of perspectives and experiences to co-design a Stepped Care 2.0 model for Manitoba, leveraging existing strengths and resources within the province. The Populating the Model Workshop is one phase of engagement in the process, there will be a validation phase at which feedback and input can also be given.

How does the Populating the Model Workshop fit into the project?

The Populating the Model Workshops aim to gather people throughout the system at a series of workshops with the intention of mapping formal and informal resources to different levels of intensity. The focus is to explore what is currently available in communities, regions, and across the province, to whom these things are available and to identify strengths that can facilitate filling identified gaps.

Summary report of the Feb. 18, 2022 Workshop:

SHSS Tracey Pulak-Aoust , Regional manager for the community mental health program, began by welcoming the participants and acknowledging the challenges in Mental Health Services. She used the phrase “enormous gaps and barriers”.

Attendees included representatives from various SH-SS departments, Canadian Mental Health Association and Eden Health Services. There were about 20 people present.

Stepped Care Solution Group (SCSG)<https://steppedcaresolutions.com> facilitated the workshop. They have been contracted by SHSS. I am not completely clear what the extent of their role is, but the intent is to implement a “stepped” approach to mental health services.

It was acknowledged that most resources have been focused on high intensity activities and there are gaps and needs for additional low and moderate intensity activities. The intent is to create a Stepped Care Model that is client centred and provides the client the right service at the right time.

Low intensity activities

- require low commitment
- possibly low readiness
- independent

Examples: information, videos

Moderate intensity activities

- require increased commitment

-involves registration or appointment
Examples: workshop, 1:1 peer support

High intensity activities

- high commitment
- high investment
- Lower level of independence

Examples: 1:1 therapy appointments, crisis intervention, inpatient services, specialist appointments

This workshop focussed on gathering a list of resources (low, mid and high intensity) and barriers. We were split into 2 groups; adult services and youth services.

The facilitators will compile the information gathered today and provide a draft document for review, correction, additions and validation. This document will be sent to us in March and we are to share it with the group we represent and provide our feedback. I will circulate this document when I receive it.

2. Food Security: No report.

3. Education & Employment – Nothing to report at this time.

4. Affordable Recreation & Leisure: No report.

5. Affordable Housing: No report.

6. Communication Support Team:

- Webpage Development: www.carmanwellnessconnections.ca is now live. Some areas of website still in process of content development. Still working on some last formatting pieces, and still need to complete training for website updating and maintenance with reps from the Communication Support Team. In the interim, working groups can send any information they would like uploaded to the site to Debbie.
- Have just connected with an individual who may be interested in volunteering to oversee facebook and Instagram grp for CWC. Will be having some further discussion to see what might be possible.