

## Health and Mental Health Working Group

### Meeting Minutes

July 21<sup>st</sup>, 2017

10:00 to 12:00pm

Centre for Social Innovation

210 Spadina Avenue

### Agenda

- 1. Welcome and Introductions**
- 2. LIP Work Plan**
- 3. Mental Health Ambassadors Projects**
- 4. Policy Review**
- 5. Terms of reference**
- 6. Community Updates**

Attendance	
Teresa Dremetsikas	Canadian Centre for Victims of Torture
Domine Rutayisire	Canadian Centre for Victims of Torture
Tooba Satei	Madison Community Services
Orith Flores	Florence Booth House/ Salvation Army

Staff	
Giovanni Rico	TSLIP / Canadian Centre for Victims of Torture

#### **1. Welcome and Introductions**

Each member was welcomed by LIP staff, and provided with a copy of the Meeting Agenda. Members were given an opportunity to introduce themselves.

#### **2. LIP Work Plan**

Staff presented the newly finished and approved strategic plan which included the work plan for the individual working groups. Members were then given a preview of the projects assigned to the health and mental health working group. They were introduced to helping and improving on the work done in the mental health ambassadors project, as well as a joint policy review with the systemic issues and social change city wide working group. The group agreed to work on the projects assigned but also confirmed that

should emerging issues arise that they would not hesitate to shift direction to face those emerging issues.

### **3. Mental Health Ambassadors Project**

Members were presented with some of the findings of the city wide mental health navigation and mental health ambassadors project. The website part of the project was still ongoing and the tool should be up this year. The mental health ambassadors project held a pilot with mental health professionals going to agencies who serve newcomers to give training on mental health as the organizations saw fit. One of the key observations was that the level of knowledge of mental health in the sector is extremely erratic. The sector does not have baseline when it comes to experience dealing with clients with mental health issues. While some staff are highly knowledgeable it seems to be a small amount of people who have a personal interest in mental health. The working group was task on how to help improve this so to create a baseline that could then feed into the project so that the mental health ambassadors have an idea of what to expect when working with the sector. Some of the things to work on are as follows:

- CCVT has had experience with very well prepared in their field but there needs to be more contact with the settlement structure
- Needs to be more connection to be able to use both settlement and mental health to make sure that the triggers do not continue
- Mental health needs and settlement need are intertwined, so there needs to be a more collaboration
- Organizations that have mental health support workers could be brought in to the project
- Need to have access to all levels of mental health needs, eg: prescriptions, therapy and support
- Training needs are always there,
- Create resource list and access to trainings
- Resources on mental health, access to services and self-care.
- Basic training module based on the project done by hong fook and ccvt.
- Maybe a train the trainer but the trained person would need to have some qualifications
  - Post-Secondary education/or an extensive work experience
  - Facilitation skills
  - Anti-oppression training
- Training would be multifaceted and holistic and also to be able to show where the limits to service are.
- Topics of the training will be cultural competency, service standards, trauma, anti-oppressions self-care, mental health act in Canada (mental health protocol, duty to warn etc.), and mental health issues for children. Advocacy (support worker) (9 sessions from 2 to 3 hours in length)
- Staff will look for available training and the cost associated with to try and see time frames available for this training.

#### **4. Policy Review**

Given that the group has been tasked with helping the Systemic issues and social change working group with looking for policy reviews that will help in easing mental health services, the members decided to brainstorm issues that may be needed to be looked at more closely for review. Which are the following:

- Stigma around mental health how to help address this in cultural competency. (Hong Fook is a resource)

- Barriers due to the need of having to go through a family doctor to get a referral. (Assertive community treatment)

- Community supports (the workers are doing great work and need to be validated)

#### **5. Terms of Reference**

The working groups have all been tasked to create a terms of reference in order to have not only accountability but a stable structure that the group will follow. After discussion that group decide that staff should prepare a document that the group will review and adopt at the next meeting.

#### **6. Next Meeting**

To be determined at a later date