



## **Mental Health Support Sub-Committee Meeting**

**April 18, 2018**

### **Agenda**

1. Welcome
2. Approval of agenda items
3. Action items from previous meeting
4. Planning and timeline:
  - a. Encouraging guidelines for all organizations re: working with clients on mental health issues
  - b. Writing letters to funders (e.g. IRCC and CAMH) to encourage funding for non-medically based supports and mental health services for frontline staff.
  - c. Organizing a forum or meeting between actors who provide(d) non-medically based mental health support services
5. Scheduling next meeting
6. Any other business

### **Participants**

Richard Villavicencio (Newcomer Council); Mariam Chevrier (Madison Community Services); Navarre Bailey (The Peer Project); Grace E. McDonald (Hospitality Training Centre); Sogol Zand (Afghan Women's Organization); Tahir Khan (Toronto North LIP); Nadine Nasir (Toronto South LIP); Muna Gaye (Toronto Newcomer Office); Peter Clutterbuck (Social Planning Toronto); Giovanni Rico (Toronto South LIP); Pam Haines (Toronto Public Health); Angelica de Jesus-Bretschneider (Toronto South LIP)

### **Regrets**

Kaitlin Murray (Toronto East LIP); Amanda Choo (Woodgreen)

### **1. Welcome**

Participants introduced themselves.

### **2. Approval of agenda items**

Approved

### **3. Action items from previous meeting**

Angelica met with the Health and Mental Health Working Group. Three members from that group, Giovanni, Richard, and Mariam, agreed to be part of this sub-committee.

#### **4. Planning and timeline**

##### **a. Encouraging guidelines for all organizations re: working with clients on mental health issues**

Participants agreed to create a repository of existing guidelines to eventually promote to other organizations. The goal for this fiscal year is to create the repository and a strategic plan for how to communicate the resource and promote uptake of the guidelines. The implementation of the strategic plan may happen in the next fiscal year.

**ACTION: Angelica** to send draft survey to the group for feedback (finalized survey will be shared through Basecamp and participants' organizations).

**ACTION: Muna** to contact organizer of City of Toronto's Mental Health Summit.

At the next meeting we will discuss strategies for dissemination and uptake of resource.

##### **b. Writing letters to funders (e.g. IRCC and CAMH) to encourage funding for non-medically based supports and mental health services for frontline staff.**

Participants agreed that we want the letter to lead to face-to-face conversations with funders. The letter is meant to build a relationship with funders. We want to present them with case studies of how existing wellness supports are working as well as why sustained services are needed.

Another potential goal is to propose ideas to funders (such as CAMH, which received a multi million-dollar donation) by presenting options on how to allocate funds for research on non-medically based supports for newcomers and mental health services for frontline staff. Another potential goal is to create a Request for Proposal to funders, if the opportunity arises through ongoing engagement with funders.

Participants agreed that we will focus first on 4c. and then lead into 4b.

##### **c. Organizing a forum or meeting between actors who provide(d) non-medically based mental health support services**

Participants agreed to host a forum within this fiscal year. We will invite funders so that we can present case studies of wellness supports and talk about organizational barriers of improving mental health supports for newcomers and frontline workers. The planning committee for the event includes: **Richard, Navarre, Sogol, Muna, Tahir, Giovanni, and Angelica.**

**ACTION: Angelica** will send a Doodle Poll to set a planning committee meeting.

#### **5. Scheduling next meeting**

June 5, 2018 at 2pm to 4pm, CSI Annex, Room 4

#### **6. Any other business**

Pam shared a list of mental health support services across the city.

**ACTION: Angelica** will ask Sandra to post the document on the website.