



# SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

*The Sooke Region Community Health Initiative (CHI) is a grassroots community movement working towards improved health and wellbeing of everyone in our region, from Beecher Bay to Port Renfrew, by engaging the population in their own health, bringing together services and supporting community health interests.*

## **Latest CHI Activities**

\* CHI had its **Annual General Meeting** June 3rd. It recounted past events and successes of the former Board, where accomplishments were honoured. Four new Board members were elected, resulting in a total of seven capable and experienced individuals representing different demographics and most of the Sooke Region. There is room for more members, so anyone interested is encouraged to contact the coordinator.

### **New CHI Board:**

Chair: Rick Robinson

Secretary: Jazlyn Mayhue

Treasurer: Anne Bell

Directors: Trudi Vermaas, Loretta Deutscher, Marlene Barry and Sylvia Hancock

\* CHI is represented on the newly established **Sooke Community Centre Advisory Committee**. [Terms of reference](#) can be found on the Sooke District website.



# SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

## Mocktail Party - A Seniors Volunteer Appreciation Event - June 13th

A lovely celebration to express gratitude to community engaged seniors, organised by CHI's very own Sooke Region Volunteer Centre. Thanks to all!





# SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

## Issue Awareness - Mental Health (1)

The **mental health stigma** can become the biggest barrier to getting support. Indeed the majority do not get any support either formal or informal. The reasons for not getting support are often: financial, lack of awareness, avoidance, those closest do not understand, a lack of services or that the mental health concerns isolates one.

**Gender** increases the complexity when diagnosing and treating individuals. According to the World Health Organisation, gender specific risk factors for common mental disorders that disproportionately affect women include gender based violence, socioeconomic disadvantage, low income and income inequality, low or subordinate social status and rank and unremitting responsibility for the care of others.

**Culture and ethnicity** can equally add to the complexity. Different cultures may have varying understandings of mental illness and/or how this can be expressed, if expressed at all as it could be a taboo subject.

**Mental health and substance abuse** at times go hand-in-hand as it may lead to self-medication, which can increase the risk for suicide. In fact 90% of all suicide deaths are related to mental health and is the ninth leading cause of death among adults in Canada. It is the second leading cause of death among youth in our country.

**How can one de-stigmatize mental health?** One can learn more about mental health, be more open about it in a respectful manner, listen, be mindful of insensitive language, be non-judgemental and compassionate, be ready and willing to assist those struggling with mental health. To become mental health sensitive: watch for warning signs and symptoms, ask questions respectfully, listen without judgment, keep everyone safe, and seek out support.

**Information workshops on De-stigmatising Mental Health** can be arranged by emailing facilitator **Kristin Stein** - [stein.kristin@gmail.com](mailto:stein.kristin@gmail.com).



# SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

## Issue Awareness - Mental Health (2)

### **Child & Youth Mental Health & Substance Use (CYMHSU) Collaborative Support, increased access to services, transformational change**

The CYMHSU Collaborative is a provincial initiative that is funded by the Doctors of BC (formerly BCMA) and the Ministry of Health. Its main objective is to facilitate timely access of children and youth to mental health services, and it achieves this aim through the creation of Local Action Teams (LAT) that work with other senior level Collaborative structures to address the gaps that currently exist. Youth and families are active participants on the LAT and are supported by the F.O.R.C.E.

In May 2015, the South Island Division of Family Practice was invited to create and support a multi-agency Local Action Team for Sooke and the West Shore communities. Dr. Ellen Anderson and Linda Nehra, both long time CHI members, were asked to head up this initiative. The first LAT meeting was in June, and 40 people from the above groups spent the afternoon identifying the strengths and gaps that currently exist in our system, as well as priorities for change. The meeting was an excellent start to an initiative that should result in improvements at the local level for children, youth and families dealing with mental health issues as well as children and youth in general. In addition to targeting a reduction in wait lists as a major gap that needs to be addressed, the group identified the need for school- based mental health awareness and wellness strategies that could be introduced in the early years. One challenge will be how to address the needs of First Nations communities in ways that are respectful and reflect their cultural approaches to healing and wellness. Another challenge is how to actively involve youth in our processes. We would like to take this opportunity to reach out to youth who have lived with mental health issues and their family members who might like to get involved on the LAT.

**For more information**, please contact **Linda Nehra** at [lindanehra@gmail.com](mailto:lindanehra@gmail.com) or call 778-679-



# SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

## Issue Awareness - Mental Health (3)

### **CLUBHOUSE INTERNATIONAL - Creating Community: Changing the World of Mental Health**

On June 4, 2015 Moms Like Us and the Canadian Mental Health Association hosted the Clubhouse Builder, a dinner event at the University of Victoria Faculty Club. The evening's program highlighted the efforts to bring a Clubhouse International model to the Greater Victoria area. **Mom's Like Us** is a group of caregivers of adult children living at home with mental illness. Most of these young adults were healthy children who became ill in their late teens or early 20's. In sharing their stories there was a common theme: the gaps in the continuum of mental health care and services in the Greater Victoria.

**Clubhouse International** is a non-profit organization coordinating sustainable solutions for people with mental illness. The Clubhouse helps members recover from mental illness and rebuild their lives by creating opportunities for members to return to school or university, gain employment, have a place to live, connect with their families, make new friends, and create multiple successes.

A visit to the **Pathways Clubhouse** in Richmond BC and New Horizons Clubhouse in Port Alberni BC encouraged Mom's Like Us to pursue establishing a Clubhouse model in Victoria. In March 2015 Moms Like Us entered into a partnership with the BC Division of the Canadian Mental Health Association (CMHA) to help bring a Clubhouse model to Victoria. Support for the initiative also came from Victoria Mayor Lisa Helps, CMHA, The Honourable Judith Guichon, Lieutenant Governor of BC, the Victoria Police Department and a room full of family and friends of people living with mental illness.

**For more information,** please contact: **Jackie Powell** at [momslikeus2014@gmail.com](mailto:momslikeus2014@gmail.com)





# SOOKE REGION COMMUNITY HEALTH INITIATIVE MONTHLY NEWSLETTER

## Helpful Mental Health Assistance Contacts

\* For those with **suicidal thoughts**, call **1800SUICIDE** or **1-800-784-2433** **The Vancouver Island Crisis Line** and other network members of the Crisis Line Association of BC answer this 24/7/365 provincial service to support callers experiencing suicidal thoughts. Workers provide skilled suicide assessment, de-escalation, intervention, referrals, and short-term support.

\* When you need someone to talk to the **Vancouver Island Crisis Line** has a **24 hour support telephone number 1-888-494-3888**

\* For **general information about Mental Health**, please contact the **Mental Health Commission** on this toll free number: 1-866-989-3985 or by email: [mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca)

## Health and Wellbeing Events

\* **Public Health Association of BC 6th Annual Public Health Summer School**, "Engaging the Public in Public Health", July 13th - 14th, 9:00am - 4:30pm, Contact the PHABC by phone: 250-595-8422 or e-mail: [staff@phabc.org](mailto:staff@phabc.org)

\* In these times of discussion around a **multi-use/seniors' centre** in Sooke, the following could be of interest. September 2014, **Pacific Centre Family Services Association (PCFSA)** plans to design and build a **Wellness Centre**. An Open House consultation on future building plans on Thursday July 16th 2015, any time from 4:00 pm to 7:00 pm, at the gymnasium of the West Shore Child, Youth and Family Centre, 345 Wale Road, Colwood BC.

*For more CHI information or to subscribe/unsubscribe, please email: [SookeRegionCHI@yahoo.ca](mailto:SookeRegionCHI@yahoo.ca)*