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Alberni Clayoquot Health Network E News June 2013

"Healthy & Connected People & Places"

Apologies for Cross Postings! Share far & wide!

News:

Happy Summer Everyone!

Summer is upon us and we wish you all a healthy activity filled summer enjoying all the benefits of living in this amazing region like gardening, swimming, surfing, biking, hiking, camping, boating, fishing and gathering with friends and family. We will take a break from newsletters & meetings over the summer, will continue working on advancing our strategic priorities and will adjourn as a group again in September.

Mark your Calendar!

The next meeting of the Alberni Clayoquot Health Network is Thursday **September 26th, 9 to noon** at the ACRD Board Room.

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ACHN June 5th Meeting Summary: Focus Transportation

On June 5th members of the health network boarded a 'Northern Health Connections' bus supplied in-kind by Dave Christie at Pacific Western Transportation Services and traveled to Tofino to meet with members of the Coastal Family Resource Coalition and talk 'transportation'. We heard about the many challenges in the region including the high cost of boat & float plane travel to communities like Ahoushat and Hotsprings, that there is no bus service linking Ucluelet & Tofino, no same day return buses from the West Coast to Port Alberni/ Nanaimo, no covered shelters and no commuter boat service linking Ittattsoo to Ucluelet, among others. As well, we heard that social assistance travel subsidies for rural/ remote first nations is being eliminated by the Federal Government. Since Tofino embarked on extending the multi-use path bike ridership has definitely increased and now there is concerns with pedestrian, biking, drive-way safety issue like helmets, lights etc. Dave Christie explained that the Northern Health Connections service is a travel service program for patients needing to travel for out-of-town medical appointments in Northern BC and Vancouver that are not available in the patient's home community. Dave has been hired by the ACRD to help us study the issue of transportation in the region and to provide recommendations on possible solutions to help meet the ACHN's goal of affordable and accessible transportation. Thanks so much to Marcie Dewitt for organizing this amazing meeting with a last minute location change!

The Art of Hosting & Harvesting Conversations that Matter - Training Opportunity

The ACHN has teamed up with the Ministry of Aboriginal Relations & Reconciliation and the Office for Community Partnerships in Health at Vancouver Island University to offer a 2.5 day training from July 24th to 26th at the VIU campus in Nanaimo. The Art of Hosting is a unique leadership approach that addresses complex issues using tools and techniques, personal practice, dialogue and facilitation to meaningfully engage the communities in which we work. The training is aimed at community developers, youth workers & leaders interested in working with us to help make healthier and more connected communities across the region. Interested? Contact slyle@acrd.bc.ca

The Alberni Valley Social Planning Council - Plan for Action.

The AV Social Planning Council recently embarked on a strategic planning process that included an online survey completed by 72 respondents and a 'Social Action Planning Day' that 19 folks attended on May 3rd. Priority issues for action and discussion focused on current realities, gaps and next steps including:

- Trauma/violence - All services need to be trauma informed/ need for broad education and there is a need for specific services to respond to trauma.

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<ul style="list-style-type: none"> • Housing - Issue is not homelessness per se but rather at risk and the need for sustainability of affordable housing options 			
<ul style="list-style-type: none"> • Transportation - There are limited transportation options for people moving in and out of the region (e.g. reserves, West Coast and Nanaimo) as well as safe active transportation corridors (e.g. bike paths, motor scooters etc.) • Opportunities for Youth - Need more alternatives to competitive sports that are safe, healthy, affordable and accessible. 			
<p>The Social Planning Council is eager to dialogue with agencies, City Government, the Regional District and other Provincial bodies to enliven and enrich the well being of the social and cultural life of the community of Port Alberni and its surrounding areas on the above issues of particular concern.</p>			
<p><u>School District #70 MDI- Middle Years Instrument Report</u></p>			
<p>The Middle Years Development Instrument (MDI) for grade 4 students is a survey that asks children to report on five dimensions that are critical components of development and strongly linked to well-being, health, academic achievement, and success throughout the school years and in later life: Social and Emotional Development, Physical Health and Well-Being, Connectedness to Adults and Peers, School Experiences and Use of After-School Time. The questions included on the MDI are based on a developmental assets/strengths-based approach, emphasizing protective factors that support and optimize development. The survey items were selected by children, parents, and educators and tested rigorously to ensure these scales produced data of sound reliability and validity. The report has been released and can be viewed at the site listed here and includes a summary of findings in SD #70.</p>			
<p>http://earlylearning.ubc.ca/media/mapsets/MDI/2013/SD70/sd70_mdi_report_2013.pdf</p>			
<p><u>Report from the ACHN Sponsored Event 'Coming Together Forum'</u></p>			
<p>The full report of the Coastal Family Resource Coalition's 'Coming Together Forum' held on April 3rd in Ucluelet can be viewed here:</p>			
<p>http://coastalfamilyresources.ca/education/2013-coming-together-forum-report Feel free to provide any comments or feedback to Marcie Dewitt at marcie_dewitt@hotmail.com</p>			
<p><u>June 11th First Nation's Health Authority Signed the 'Canada Funding Agreement'</u></p>			
<p>Minister Aglukkaq and Representatives of the BC First Nations Health Authority met to commemorate the signing of the Canada Funding Agreement. Approximately \$4.7 billion will enable the BC First Nations Health Authority to assume responsibility for design and delivery of health programs and services for British Columbia First Nations. The phased transfer of responsibilities from Health Canada to the BC FNHA supports the integration of health service delivery for BC First Nations with provincial health services. It will be initiated on July 2, 2013 and completed on October 1, 2013.</p>			

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The Human Early Learning Partnership Announces the 2013 HELP Fall Expo

SAVE THE DATE! October 21st, 2013 has been set for our Annual Fall Research Exposition. This full day event will take place at UBC Robson Square in Vancouver. This year, we will present new research findings that have furthered our understanding of factors that can support and enhance the well-being of children in BC: from policy environments, to communities, to families. This theme was central to Clyde Hertzman's vision and research. This full day event will include several keynote presentations, and hands-on workshops with researchers that will deepen your understanding of important topics. Please join us as we celebrate the 10th Anniversary of HELP's Aboriginal Steering Committee. On-line registration will open in late summer.

<http://earlylearning.ubc.ca/blog/2013/may/23/help-announces-2013-fall-expo/>

SPARC Survey for Social Inclusion Knowledge Exchange Event!

Working together, the Community Action Initiative, the Vancouver Foundation, and the Healthy Minds, Healthy People Directorate are collaborating to host a knowledge exchange on the topic of social isolation and social inclusion. This knowledge exchange is tentatively scheduled for mid-November 2013. We recognize that this topic is important for the general population; and we also recognize that it is of particular importance to people living with mental health and/or substance use challenges and who experience discrimination and stigma. To help shape the knowledge exchange event, please complete the survey by clicking this link:

https://www.research.net/s/Social_Inclusion_Social_Isolation_Survey

2014 UNITED WAY PUBLIC POLICY INSTITUTE - Applications Open

Are you a changemaker and want to help strengthen your organization's capacity to advance social change? Organizations applying to attend this training program must be from the non-profit sector, active in the areas of social or health-related services and interested in affecting public policy change in those areas. Enrollment is open to organizations from all regions of the province. This program is specifically designed to help non-profit leaders and their organizations increase their knowledge of the public policy process and their capacity to influence it. Monthly two-day sessions will be delivered over a six month period; from January to June 2014. A dedicated and very experienced cohort, the opportunity for shared learning as part of a small cohort of 25 sector leaders and an applied learning approach with a manageable course calendar make this a unique capacity building opportunity. For more information or to obtain an application form, please visit www.uwlm.ca/ppi or contact Yves Trudel at ppi@uwlm.ca

Become a Roots of Empathy Volunteer Facilitator!

Roots of Empathy is a program for children in kindergarten to grade 8. The program's aim is to increase empathy - the ability to understand another person's feelings. Children learn

to care and respect each other and there is less bullying and aggression. If you are interested in becoming a Roots of Empathy facilitator or if you would like more information, contact **Cathy Cross 723-6251 loc 2430** The Roots of Empathy facilitator will:

- Take part in a 3 day training session, a one day refresher session and work with the support of a mentor, including a classroom visit observation
- Visit the classroom 3 times per month from October to June (27 visits)
- Liaise with the Roots of Empathy family, schedule their visits to the classroom
- Be responsible for preparing for each visit to the classroom

Nominate Your Community Leader Today for the 3M Health Leadership Award

Health Nexus and 3M Canada launch the 2013 call for nominations for the 3M Health Leadership Award. Leaders are our neighbours, colleagues, friends and family. Many leaders go unrecognized but their efforts are felt deep in the heart of our communities. These leaders understand that health starts where we live, learn, work and play. Healthy communities are places where people of all ages can grow and thrive -- places where people have access to a good education, a decent job and a safe place to live. The 3M Health Leadership Award honours leaders who have a significant impact on the health and well-being of their community. www.healthnexus.ca/leadershipaward DEADLINE: June 28, 2013

First Nations Health Authority (FNHA) 2013 Video Contest “Beefy Chiefs – Inspiration Nation”

The First Nations Health Authority 2013 video contest “Beefy Chiefs – Inspiration Nation” is challenging BC First Nations to get creative and document how First Nations wellness champions are motivating & inspiring their families, communities and nations. \$10,000 worth of prizes! Deadline: September 15, 2013

http://www.fnhc.ca/index.php/news/article/inspiration_nation_video_contest/

Call for Grant Applications - Inspirit Foundation Pluralism Grants

Grants of up to \$25,000 will be awarded to projects that help young Canadians (aged 18-30) of different beliefs make a difference in their communities. Application deadline: July 16. Proposed projects should address three areas: learning, collaboration and youth leadership. Examples of eligible initiatives include: arts, culture and media projects; community development and civic engagement programs; local environmental initiatives; youth leadership initiatives; and knowledge and skills development programs. To apply, please visit: <http://www.inspiritfoundation.org/pluralism-grants/community-impact>

Resources:

Parenting Resources:

How can we become the parents our children need us to be? Four new resource booklets

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can help First Nations and Métis parents answer this important question. The booklets were collaboratively developed by the National Collaborating Centre on Aboriginal Health

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(NCCAHA) and BC First Nations Health Authority (FNHA) to share important parenting information, strategies, tips, and other resources that will help parents raise healthy, secure, confident, trusting, and resilient children. Download:

http://www.fnhc.ca/index.php/health_actions/maternal_and_child/

Check Out Alberni Children Firsts 'Alphabet Project' on You Tube!

Congratulations to Julie Rushton and the Alberni Children First Committee for successful completion of their amazing 'Alphabet Project'. A series of short alphabet rhymes and jingles designed to boost literacy in a fun and family friendly way. The letters are presented by Kindergarten children from the Alberni Valley.

[http://www.youtube.com/playlist?](http://www.youtube.com/playlist?list=PLRSwDpSO92L2F6PLhrMzfYSe0dszCTY_Y&feature=em-share_playlist_user)

[list=PLRSwDpSO92L2F6PLhrMzfYSe0dszCTY_Y&feature=em-share_playlist_user](http://www.youtube.com/playlist?list=PLRSwDpSO92L2F6PLhrMzfYSe0dszCTY_Y&feature=em-share_playlist_user)

Imagine Campbell Rivers 'RLife Youth Resiliency Tool Kit'

Resiliency is seen as the ability to cope well in difficult situations, through hardship and persevere when things don't go as planned. By providing youth with an understanding of the underpinnings of resilience and the tools to strengthen their resilient abilities, they are better able to navigate difficulties in life, less likely to experience the emotional chaos that can come with difficulties, and less likely to engage in negative coping behaviour. This in turn reduces the risk of experiencing mental health problems or engaging in problematic substance use and increases the likelihood of experiencing well-being. The tool-kit can be downloaded here: <http://imaginecampbellriver.ca/resources>

Video Re: Life Expectancy in Relation to Health & Wealth Through Time

Professor Hans Rosling takes viewers on a rollercoaster ride through the wonderful world of statistics to explore the remarkable power they have to change our understanding of the world. His video depicts the life expectancy and health in relation to wealth of 200 countries over the last 200 years. <http://www.bbc.co.uk/programmes/b00wgq0l>

4th Grader's Video About His School Food Experiences.

4th grader from New York's short documentary about what's being served at his school cafeteria and the empty words / promise of 'healthy school meal policies'.

<http://vimeo.com/48406956>

Healthy Eating, Active Living, Tobacco Cessation - Ongoing Opportunities

Tobacco Free Tuesdays!

The first Tuesday of every month is Tobacco Free Tuesday. Take the pledge and enter to win prizes. www.tobaccofreetuesdays.com

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The ParticipACTION Teen Challenge allows teens to come up with innovative ways to get active, and then provides micro-grant funding, called Teen Physical Activity Grants, to registered community organizations to support teens' physical activity programs. If you are part of a community organization, recreational facility, or a school that can support a teen physical activity program, consider being a part of the ParticipACTION Teen Challenge.

<http://www.participaction.com/teen-challenge/>

Online Chronic Disease Self-Management Program


The Online Chronic Disease Self-Management Program is a fun and practical online workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. The program is **FREE** for BC residents with all levels of computer skills, who are experiencing chronic conditions. Caregivers, friends and family members. For more info <http://www.selfmanagementbc.ca/onlinechronicdiseaseprogram>

Shapedown BC Program

This is a 10 week program designed for children/adolescents between 6-16 years of age with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian must attend the twice weekly sessions with their child. Shapedown BC supports families in creating healthy eating habits and an active lifestyle. Families learn to set goals that target positive lifestyle changes and also look at the issues that may block positive change. Children and teens improve self-esteem and peer relationships and adopt healthier habits. Parents will learn to sharpen their nurturing and limit setting skills which will help them feel better about their relationship with their child. The whole family becomes healthier and closer. Contact the Central Island Healthy Weights Program in Nanaimo at **250.755-7955** for more info.

Join the network & be a part of healthy change!

The Alberni Clayoquot Health Network is a mechanism for citizens working and living in the regional district to come together and speak with a collective voice on health issues and share ideas and resources to build healthy sustainable communities. Everyone is Welcome! **How can you participate? It's simple!**

Email and ask to join our network list: slyle@acrd.bc.ca 'Like' us on Facebook  & receive on our ongoing newsfeed. Attend our meetings and regional sponsored events. Send us your news & we'll share it! Contact Us! Tanis Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250)

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