



Hospital District Board of Directors Meeting

Wednesday, October 22, 2025

Zoom/Board Room (Hybrid) – 3008 Fifth Avenue, Port Alberni, BC
Immediately following the Board of Directors Meeting

Regular Agenda

Watch the meeting live at <https://www.acrd.bc.ca/events/22-10-2025/>

Register to participate via Zoom Webinar at:

https://acrd-bc-ca.zoom.us/webinar/register/WN_O5vF6W-wQMKAzpdxae4gg#/registration

PAGE #

1. **CALL TO ORDER**

(immediately following the ACRD Board Meeting)

Recognition of Territories.

Notice to attendees and delegates that this meeting is being recorded and livestreamed to YouTube on the Regional District Website.

2. **APPROVAL OF AGENDA**

(motion to approve, including late items requires 2/3 majority vote)

3. **DECLARATIONS**

(conflict of interest)

4. **ADOPTION OF MINUTES**

a. **Board of Directors Meeting – September 10, 2025**

3-6

THAT the minutes of the Alberni-Clayoquot Regional Hospital District Board of Directors held on September 10, 2025 be adopted.

5. **PETITIONS, DELEGATIONS & PRESENTATIONS (10-minute maximum)**

6. **CORRESPONDENCE FOR ACTION**

7. **CORRESPONDENCE FOR INFORMATION**

a. **Island Health**

- **From silence to support – starting the conversation about suicide** **7-8**
- **Island Health encourages healthy habits for a strong start to the school year** **9-10**

THAT this correspondence be received for information.

8. REQUEST FOR DECISIONS & BYLAWS

9. REPORTS

- a. Bamfield Health Centre – B. Beckett
- b. Alberni-Clayoquot Continuing Care Society – V. Siga
- c. West Coast Native Health Care Society – P. Cote
- d. Tofino General Hospital – West Coast Directors
- e. Alberni-Clayoquot Health Network – P. Cote/V Siga
- f. West Coast General Hospital – Alberni Valley Directors
- g. Other Reports
 - Community Health Panel Discussion – Verbal Update (D. Haggard)

THAT the Regional Hospital Board of Directors receives reports a-g.

10. UNFINISHED BUSINESS

11. LATE BUSINESS

12. QUESTION PERIOD

Questions/Comments from the public:

- **Participating in Person in the Board Room**
- **Participating in the Zoom meeting**
- **Emailed to the ACRD at responses@acrd.bc.ca**

13. ADJOURN



Alberni-Clayoquot Regional Hospital District

MINUTES OF THE BOARD OF DIRECTORS MEETING HELD ON WEDNESDAY, SEPTEMBER 10, 2025

Hybrid - Zoom/Board Room, 3008 Fifth Avenue, Port Alberni, BC

DIRECTORS

Debbie Haggard, Chair, Councillor, City of Port Alberni

PRESENT:

John Jack, Vice-Chairperson, Chief Councillor, Huu-ay-aht First Nations

Bob Beckett, Director, Electoral Area "A" (Bamfield)

Fred Boyko, Director, Electoral Area "B" (Beaufort)

Vaida Siga, Director, Electoral Area "C" (Long Beach)

Penny Cote, Director, Electoral Area "D" (Sproat Lake)

Susan Roth, Director, Electoral Area "E" (Beaver Creek)

Mike Sparrow, Director, Electoral Area "F" (Cherry Creek)

Sharie Minions, Mayor, City of Port Alberni

Marilyn McEwen, Mayor, District of Ucluelet

Tom Stere, Councillor, District of Tofino

Moriah Cootes, Councillor, Uchucklesaht Tribe Government

Kirsten Johnsen, Councillor, Toquaht Nation

Levana Mastrangelo, Executive Legislator, Yuuʷuʷiʷiʷaʷ Government

STAFF PRESENT:

Daniel Sailland, Chief Administrative Officer

Cynthia Dick, General Manager of Administrative Services

Heather Zenner, Manager of Administrative Services

Alex Dyer, General Manager of Planning & Development

Janice Hill, Executive Assistant

The meeting can be viewed on the Alberni-Clayoquot Regional District website at:

<https://www.acrd.bc.ca/events/10-9-2025/>

1. CALL TO ORDER

The Chairperson called the meeting to order at 4:36 pm.

The Chairperson recognized this meeting is being held throughout the Nuu-chah-nulth territories.

The Chairperson reported this meeting is being recorded and livestreamed to YouTube on the Regional District website.

2. APPROVAL OF AGENDA

MOVED: Director Cote

SECONDED: Director Sparrow

THAT the agenda be approved as amended to add a late item under agenda item 11 to request a meeting with the Minister of Health.

CARRIED

3. DECLARATIONS

4. ADOPTION OF MINUTES

a. Board of Directors Meeting – July 23, 2025

MOVED: Director Stere

SECONDED: Director Sparrow

THAT the minutes of the Alberni-Clayoquot Regional Hospital District meeting held on July 23, 2025 be adopted.

CARRIED

5. PETITIONS, DELEGATIONS & PRESENTATIONS

6. CORRESPONDENCE FOR ACTION

7. CORRESPONDENCE FOR INFORMATION

a. BC NURSES' UNION

BCHU Health Care Champion Award

MOVED: Director Cote

SECONDED: Director Sparrow

THAT the Board of Directors receive item a for information.

CARRIED

8. REQUEST FOR DECISIONS & BYLAWS

9. REPORTS

- a. Bamfield Health Centre – B. Beckett.** There is concern from residents in Bamfield with the prospect of having to leave the community to access health services with the road closure. The EOC has requested funding for transportation, but nothing confirmed yet. Director Stere confirmed that the Canadian Coast Guard can provide humanitarian transportation in conjunction with BCEHS.

Director Cootes left the meeting at 4:41 pm.

- b. Alberni-Clayoquot Continuing Care Society – V. Siga.** October 4th - strategic planning session will be held with their Board of Directors and staff.
- c. West Coast Native Health Care Society – P. Cote.** Having their Annual General Meeting on September 18th.
- d. Tofino General Hospital – T. Stere.** District of Tofino will be having a meeting with Island Health at UBCM.
- e. Alberni-Clayoquot Health Network – P. Cote/ V. Siga.** Next meeting on September 17th.
- f. West Coast General Hospital – Alberni Valley Directors.** Alberni Valley Primary Care Clinic meeting will be on October 19th.

MOVED: Director Sparrow

SECONDED: Director Cote

THAT the Regional Hospital Board of Directors receives reports a-f.

CARRIED

10. UNFINISHED BUSINESS

11. LATE BUSINESS

The City of Port Alberni has requested a meeting with the Minister of Health at UBCM, but was declined as the topic was a Regional District matter. Director Haggard will follow up with staff to outline the topics will request a Regional District appointment with the Minister of Health.

12. QUESTION PERIOD

Questions/Comments from the public. The Manager of Administrative Services advised there were no questions or comments respecting an agenda topic from public:

- Participating in Person in the ACRD Board Room
- Participating in the Zoom webinar
- Submissions received by email at responses@acrd.bc.ca.

13. ADJOURN

MOVED: Director Cote

SECONDED: Director Sparrow

THAT this meeting be adjourned at 4:51 pm.

CARRIED

Certified Correct:

Debbie Haggard,
Chairperson

Heather Zenner,
Manager of Administrative Services

From: [Island Health Communication \[ISLH\]](#)
To: [Island Health Communication \[ISLH\]](#)
Subject: Island Health release: From silence to support – starting the conversation about suicide
Date: September 10, 2025 9:52:31 AM
Attachments: [image003.wmz](#)
[image004.png](#)
[image005.png](#)

[CAUTION] This email originated from outside of the ACRD



FOR IMMEDIATE RELEASE
September 10, 2025

From silence to support – starting the conversation about suicide

ISLAND HEALTH-WIDE – On World Suicide Prevention Day, September 10, Island Health mental health and injury prevention experts are encouraging everyone to break the silence surrounding suicide and to make space for help and hope.

“Part of prevention of suicide is social connection,” says Acute Mental Health and Substance Use manager Harveen Dhaliwal, who works at Royal Jubilee Hospital. “Stigma creates reluctance to reach out and can make people feel even more isolated when they most need support. When we reduce stigma and create safe spaces for people to talk, we open the door for hope and healing.”

Some people are reluctant to discuss mental health concerns, including suicide, with their loved ones, friends or care providers. The purpose of [World Suicide Prevention Day \(WSPD\)](#) is to raise awareness, including of supports available, to break down barriers and create better cultures of understanding and support. This year’s theme, “Change the narrative on suicide”, suggests normalizing conversations about the topic.

Conversations can be impactful, especially when done in a supportive and direct way, says Melanee Szafron, director of Acute and Community Services for South Island and Regional Tertiary Care. “You know yourself and your loved ones best. If you notice a change from the usual, start the conversation. It’s as simple as asking, ‘Are you okay?’ when we notice someone struggling.”

“One of the biggest myths is that suicide cannot be prevented. If these conversations happen, or if people reach out for help, we do see people heal, regain hope, and that’s what keeps us doing this work,” says Dhaliwal.

Island Health has a variety of mental health programs including crisis outreach teams, partnerships with police, same day walk-in services including counselling, hospital care, virtual care, community-based care hubs, primary care consultants, peer support and partner services with the Canadian Mental Health Association (CMHA).

Crisis Lines

If you are in a situation that involves immediate risk of harm to self or others, please call [911](#).

[Crisis Intervention and Suicide Prevention Centre of British Columbia](#): 1-800-SUICIDE

- A confidential, 24-hour toll-free crisis line for people who are feeling suicidal, are concerned for someone who might be suicidal, or for emotional support.

[Vancouver Island Crisis Line](#): **1-888-494-3888**

- For emotional support and connection to local services 24-hours a day, every day of the year.
- Crisis Chat: [vicrisis.ca](#) available 6 – 10 p.m.
- Crisis Text: [250-800-3806](#) available 6 – 10 p.m.

[Suicide Crisis Helpline](#): call or text **9-8-8**

- A safe space to talk, 24 hours a day, every day of the year.

[KUU-US Crisis Line](#): **1-800-588-8717**

- For Indigenous people on Vancouver Island and across the province. Support is available 24-hours a day, every day of the year.
- Adult Crisis Line: [250-723-4050](tel:250-723-4050)
- Youth Crisis Line: [250-723-2040](tel:250-723-2040)
- Métis Crisis line: [1-833-638-4722](tel:1-833-638-4722)

Services and other supports

To learn about mental health services, including in times of crisis, visit <https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

[Vancouver Island Crisis Society - #The Vancouver Island Crisis Society - Helping People Find Their Way](#)

For parents, caregivers and educators, visit HealthyMindsBC to watch a video series: [Suicide prevention and self-harm video series and resources](#)

For educators [School-Based Programs - Vancouver Island Crisis Society](#)

About Island Health:

Island Health provides health and care services to more than 933,000 people across Vancouver Island, the islands in the Salish Sea and Johnstone Strait, and mainland communities north of Powell River. Our team includes more than 32,500 health care professionals, including nearly 3,200 doctors, nurse practitioners, midwives and dentists who make up our Medical Staff. We are also supported by more than 1,500 adult and youth volunteers who contribute more than 70,000 hours of service annually, as well as 12 foundations and 19 active auxiliaries. Together, we deliver a wide range of health services across a large and geographically diverse region — including public health, primary care, home and community care, mental health and substance use services, acute hospital care and much more.

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Central/North Island media inquiries
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250-755-7966
Dominic.Abassi@islandhealth.ca

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From: [Island Health Communication \[ISLH\]](#)
To: [Island Health Communication \[ISLH\]](#)
Subject: Island Health release: Island Health encourages healthy habits for a strong start to the school year
Date: September 9, 2025 10:43:24 AM
Attachments: [image001.wmz](#)
[image005.png](#)
[image002.png](#)

[CAUTION] This email originated from outside of the ACRD



FOR IMMEDIATE RELEASE
September 9, 2025

Island Health encourages healthy habits for a strong start to the school year

Island Health-wide – As families are busy with the return to school, Island Health’s Public Health team is reminding parents and caregivers to take proactive steps to support their children’s health and well-being, ensuring a strong start to the school year and in life.

“It’s normal for children to feel both excitement and anxiety at the start of the school year,” says Island Health medical health officer Dr. Carol Fenton.

Parents and caregivers can support children by:

- Taking time to talk openly and validate their feelings.
- Model being calm to help children co-regulate
- Establishing consistent routines for sleep, meals, and homework.
- Making opportunities for physical activity and time outdoors.

“Anxiety can become more serious and persistent,” says Dr. Fenton. “If anxiety is getting in the way of day-to-day activities, like going to school or spending time with friends, then it’s time to talk to a doctor or mental health professional.”

Supporting children’s physical health is also important to prepare them for being back together with all their classmates. With recent cases of measles reported in B.C. and abroad, it is especially important to ensure children’s immunizations are up to date.

“Measles spreads easily through the air, especially in places where people gather closely—like schools,” says Island Health medical health officer Dr. Christina Kay. “With students back to class, and many families having travelled over the summer including to areas where there are measles cases, we should ensure children are fully immunized to protect them from vaccine-preventable illnesses that can cause serious illness, long-term disability and even death.”

One in 10 people who get measles are hospitalized.

Children and youth are eligible for vaccines protecting them from more than a dozen diseases including polio, chickenpox, meningitis, and human papillomavirus (HPV). To book an immunization appointment or check your child’s records, visit the [Island Health immunizations webpages](#) or a local [public health unit](#). Immunization records can also be accessed online through the [Health Gateway](#).

Handwashing remains one of the most effective ways to prevent the spread of illness in schools. Parents can help by teaching children to wash their hands thoroughly with soap and water for at least 20 seconds. Most kids know they should wash their hands before and after eating, after blowing their nose and after every trip to the bathroom, but they should also be washing their hands after gym class and playing outdoors and first thing when they get home from school or other outings.

It’s good practice for children to also learn to:

- Cough or sneeze into their elbow sleeve or a tissue.
- Refrain from touching their eyes, nose, or mouth with unwashed hands.

- Refrain from sharing any food, drinks, cosmetics, or unwashed utensils.
- Use their own water bottle and not share it to avoid the spread of disease.

While hand and respiratory hygiene protects from the outside, food fuels children from the inside. Erica Camfferman, public health dietitian, says nutritious food is important for learning.

“Hunger can be very distracting. It can be hard to focus and pay attention and can lead to irritability. Students who are well-fed are more engaged, ready to learn, and have improved physical and mental health,” Camfferman says.

Camfferman says an ideal lunch include foods from all three food groups - vegetables and fruit, whole grains, and proteins. She recommends preparing ahead of time.

“Prep fruits, veggies, muffins, or proteins like roasted meat on weekends,” says Camfferman. “Making lunches the night before reduces morning stress and keeps things simple.”

“Involve your kids in preparing lunches to help them enjoy their food. Let children help pick lunch items at the store, wash produce and assemble their meals—even at a young age. This builds long-term food skills, increases exposure to healthy foods, and fosters positive eating habits for the rest of their lives.”

Keep food safe to help prevent foodborne illnesses, such as salmonella. Remember to wash all fruits and vegetables before packing them into a lunch box. Use an insulated lunch bag with freezer packs to help keep cold foods cold. A thermos should be used for hot foods, especially meat, seafood, or eggs.

Services and more information

Hand hygiene tips <https://www.islandhealth.ca/learn-about-health/handwashing/handwashing>

More information about immunizations <https://www.healthlinkbc.ca/health-library/immunizations>

Find lunch ideas [Lunches to go | HealthLink BC](#)

More resources for school-aged children and caregivers [School Age Health | Island Health](#)

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For more info and services including immunizations, youth may visit their nearest local youth health clinic/centre <https://islandhealth.ca/youthclinics>

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