

## **Health and Mental Health Working Group**

### **Meeting Minutes**

December 14<sup>th</sup> 2020

10:00 am

Zoom

### **Agenda**

- 1. Welcome and Introductions**
- 2. Land Acknowledgement**
- 3. Front Line Staff Support Network**
- 4. Mental Health Training for Language Teachers**
- 5. Translation of more Mental Health Resources into high need languages**
- 6. Re-opening protocols**
- 7. Emerging Issues**
- 8. Next Meeting**

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

Each member was welcomed by LIP staff, members were thanked for attending the meeting during this difficult time. Members that introduced themselves and gave small updates on their organizations

#### **2. Land Acknowledgement**

TSLIP Staff read Land Acknowledgement

#### **3. Front Line staff support network**

The front lines staff support network was held over zoom on Nov. 19<sup>th</sup>. There were 20 participants who attended the event. The participants really enjoyed being able to share on the different things that they were currently facing. A lot of the request where for sharing resources that may help them in their work with their clients as they were feeling that they may be able to do more with more relevant information. Participants also enjoyed the sharing circle and asked that this be included in all of the meetings. After the success of the first meeting it was said that we should try to attract more people to the group to grow the benefit and have a more diverse topics going forward. Unfortunately due to office closures and a lot of events in December it was decided that the next meeting would be in late January to Early February to have more participants take part.

#### **4. Mental Health Training for Language teachers**

Thanks to the help of Skills for Change we were able to finish the Survey and it will be sent out before the end of the year. The questions were then presented to the group to guarantee approval. Hopefully we will have enough answers for Analysis to be done by next meeting. The first training is to be organized for end of January or early February. The survey will be sent out in two rounds one now in December and one in early January. Maybe looking onto time off as being key part of mental health. We need to ask if they have had some mental health training in the past.

#### **5. Translations of more Mental Health Resources into high need languages**

LIP Staff have reached out to different possible partners still waiting response will follow up in the New Year. In our efforts to help the city better transmit information to newcomers the City has translated resources into these languages:

Amharic, Arabic, Bengali, Farsi, Gujarati, French, Pashto, Portuguese, Punjabi, Simplified Chinese, Somali, Spanish, Tamil, Urdu, and Vietnamese. The group has pointed out to reinforce that mental health in more than just clinical, therefore all resources should be in as many languages as possible. There is also issues with digital literacy even when you speak English so this creates barrier for newcomers accessing services so there needs to be some option that will make it easy and accessible regardless of the platform.

#### **6. Re-Opening Protocols**

After analysing all the protocols the group has decided to send out an email with all mental health resources in regards to mental health First aid will be sent in mid January Most of our resources are here:

<http://torontolip.com/Publications/Resources/MentalHealthandWorkingfromHomeduringCOVID-19.aspx> If you would like your resources added for Mental Health First Aid please send by December 22, 2020. Draft will be sent out in early January for approval

#### **7. Emerging issues update given by staff**

Current city wide back to school survey analysis going on, we will have report ready for January 2021. Third Needs Assessment on newcomers is done analysis will be done in Early January. Report on Access to Technology Finished you can find the report here <http://www.torontolip.com/News/InTheNews/tabid/100/EntryId/1230/The-Toronto-South-Local-Immigration-Partnership-TSLIP-announces-new-Access-to-Technology-for-Service-Providers-and-Newcomers-Report-%C2%A0.aspx>

The Toronto South LIP has a New repository of professional development available in LinkedIn you can contact [coordinator@torontolip.com](mailto:coordinator@torontolip.com) for access to this tool.

#### **8. Next Meeting**

January 11<sup>th</sup>, 2021