

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

### **Meeting Minutes**

February 18<sup>th</sup> 2021

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. Emerging Issues**
- 7. 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**

Members were update on the last event was held on Feb 2<sup>nd</sup>. Presentation by Toronto Public Health on Isolation and Vaccination. TPH shared new information on vaccines that staff could use to help curve vaccination hesitancy. They also shared new resources that people could use should they require self isolation. Group then did a Sharing Circle. The group has asked for a full meeting of sharing circle for the next meeting. The group requires more breakout rooms should the attendance be high and therefore we require more volunteers to help with the breakout rooms facilitation. The main topic that will be discusses are the issues about workplace situations and question they have on some organizational procedures that seem to be affecting them.

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

TSLIP staff will have a meeting with Toronto Public Health on Friday. Unfortunately due to the lack of availability of resources as they are currently over stretched we are still looking for more resources to help develop this training. We are still hoping to hold training by end of Month. Group said that maybe a move to check to see if there is information on food resources and the effects on mental health. Other issues that can be address are Food security issues. Maybe a need to check what training the teachers are currently receiving and to Follow some examples that the TDSB is using with their teachers.

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

TSLIP staff updated the group on the involvement in the community clusters. There is also a development of the Newcomer Cluster which will begin in January. With the help of the YMCA the city of Toronto has taken our input and is now translating all documents into the 9 top need languages in the Toronto South. The TSLIP has also joined on to help promote Language advocacy day to better advocate for the need of more translated resources into more language to guarantee barrier free access to government services as well as to help fund agencies to be able to adequate translate materials. This work continues to be hard due to lack of resources, the pandemic has highlighted how scarce these resources are as even the City is having a hard time achieving this.

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

Staff thanked all agencies who have sent their protocols. The analysis is that most deal with contamination and PPE. There is no real specifics on Staff Mental Health. Staff asked members how to best address this. There were suggestions of sending out a mental health aid email with resources and stories that help deal with stress that are being done by the city of Toronto. There should be some more information about ongoing concerns. There was an idea that agencies should work on an all staff zoom meeting to be incorporated into organizations to help the flow of communication. There needs to be more communication on the resources of employment rights. There may be a possibility to collaborate with the Systemic Issues and Social change working group as they may be working on something similar. Also there is resource on an organizational self care check list that may help agencies better plan and support their staff.

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

What issues are partners seeing?

- Variants and communications, is the why being communicate
- Access alliance newcomers cooking together participants need to pick up the kits so this may be a barrier from some clients with the current state of the pandemic
- Lets get fit for newcomers (8 week programs) (CultureLink)
- Pop up testing site at jane and Woolner, 761 jane street 3-7 Wednesday and every other Saturday from 11-3

## **8. Next Meeting**

February 18<sup>th</sup>, 2021