

Health and Mental Health Working Group

Meeting Minutes

October 19, 2020

10:00 am

Zoom

Agenda

- 1. Welcome and Introductions**
- 2. Toronto Public Health Consultation**
- 3. Front Line Staff Support Network**
- 4. Mental Health Training for LINC teacher**
- 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. Toronto Public Health Consultation

Due to the developments of the Pandemic, Toronto Public Health wanted to consult our members on the information being provided by the Toronto Public Health and how they could improve and make the information available. Out of respect for partners and Toronto Public Health the content of this conversation was made private.

3. Front Line Staff Support Network

Members were updated on progress of this project. Outreach was being started first by being sent out to all members and the other quadrant LIPs. Members were asked what the first meeting should focus on. The group wanted to have a small presentation on mental health well being. The group also stated the first meeting should be at the most 1 hour. The meeting will be held in November. With the outreach that is done and interest that is shown will help us create a mailing list. Once we have gaged interest a date will be set. Members decided to set the date now and only offer an ability to choose the best time to help with logistics. Needs assessment sent out beforehand to discuss the results at the

meeting and have one topic to better discuss Eventbrite to help link survey and be able to discuss at the meeting. The survey should give us a better picture to see some demographics of where staff are working and who their client base is. Also on what kind of supports are they looking for and how they want to receive said supports. Frequency of meetings will be determined by need. One question will be to see if they are looking for a support circle environment or more of presentation style support of ideas. Members also want to measure how this project is successful so there will be questions on how participants will measure a successful project.

4. Mental Health Training for LINC teacher

The members started discussion on how we will be able to set up this projects. The first step is to outreach. The group was asked to give 0065amples on who has English language programs: Schoolboards, YMCA, and other community organizations. The planning will depend on the feedback of the agencies who run Language programs. The content will be based on a needs assessment, the members were asked what kinds of questions can be asked to gauge where the students are to get an idea of how they are doing and where the needs are. Also need to hear from the Teachers on what kind of support they are looking for. The group will work on linking MH supports to other services.

Outline of project will be as follows:

Needs assessment survey

Outreach to targeted audience

Develop resources

Skills for change will help by contacting supervisor of language program

Need to be sent out by mid November.

5. Translation of more Mental Health Resources into high need languages

The members acknowledge that this will be a difficult task, the first part will be to see what type of content shall we focus on. Ideas are: City of Toronto Translating a lot of Health documents, are priorities should be: how to recognize symptoms of anxiety; Self care tools and tips, Working on linking MH supports to other services, Increased isolation, and Substance use.

The group know that we will require allies to help with this. there is also no resources for this and therefore we will need help. The members were asked to help find any volunteer translators that may be available as well as help in developing a translation bank.

6. Re-Opening protocols

Members were asked to share their re-opening protocols. Some member have some procedures that they are working on but currently have no official document. Others will reach out to organizations to see if they can share their procedures. The group will

then use these procedures to analyze best-practices and to see if mental health components have been added.

7. Emerging Issues

The group was asked to mention any thing we need to keep an eye on specially on how the second wave is progressing and the result of a possible 2nd lockdown. Members wanted more information on the trends of newcomers and if more have entered Canada. There is also the question of when will newcomers start coming. Analysis on new employment opportunities, trends and what jobs are out there, Funding opportunities. Food Security continues to be a huge issues, as access to food in particular to newcomers is becoming difficult questions on where and when they can get access to food. There is constant changing information on the food banks. With the increase in food cost during this hard time this will be an ongoing issue.

8. Next Meeting

Nov. 9th. 10 am