



Health and Mental Health Working Group

Meeting Minutes

September 13th, 2021

10 am – 11:30 am

Zoom

Attendance: Craig Carter-Edwards LACC and Welcome Home TO, Shasanji Lingaratnam Madison Community Services, Daniel Anckle Cecil Community Centre, Teresa Dremetsikas CCVT, Cathy Kurelek Access Alliance, Corina Carvallo Skills for Change, Nadia Umadat TSLIP, Lauren McCauley TSLIP, Rosa Ribeiro Parkdale Community Health Centre

AGENDA

1. Land Acknowledgement
2. Welcome & Introductions
3. Frontline Staff Support Network and Mental Health First Aid for Language Instructors Updates
4. Strategic Plan Update
5. Update on Member Reopening Plans
6. Vaccine Engagement
7. Afghan Refugee Member News and Initiatives
8. Closing

1. Land Acknowledgement

TSLIP staff read Land Acknowledgement

2. Welcome and introductions

Each member was welcomed by LIP staff, members were thanked for attending the meeting. Members that introduced themselves and gave small updates on their organizations. New manager also provided introduction.

3. Frontline Staff Support Network and Mental Health First Aid for Language Instructors Updates

- Frontline Staff Support Network had a session on July 2021 from 1pm-3pm and had 27 attendees
- Overall feedback was very positive with an interest to keep sessions going

- Another session is tentatively scheduled to be held in the fall October/November
- Potentially on coping, self-care, and/or burn out
- Suggestion made on best practices for settlement document/checklist- similar to mental health first aid for language instructors
- Mental Health First Aid for Language Instructors was facilitated by the Canadian International Scientific Exchange Program (CISEPO) initiated the first session of a series of workshops on May 25th for 4 hours for LINC teachers.
- There were 22 participants who attended the first session free of charge
- Evaluation only got to participants in August, but excellent feedback and many participants requested a second session to further their skills
- Facilitator had to cancel in August and October's session not confirmed due to capacity
- Idea to open to new frontline staff
- Suggestion was made to put out short videos, readily available content that can be easily consumed at leisure
- Requested recommendations for another facilitator
- Discussion ensued on partnering with larger organizations like CAMH or CMHA to create virtual knowledge on an accessible platform
- There seemed to be a consensus that both pre-recorded and live training are needed to reach a wider audience

Collaboration Award 2020

- Executive Committee awarded Mental Health First Aid for Language Instructors as the most outstanding TSLIP project of the year
- There was an interest in having an outdoor event with a boxed lunch in a park, will send out email with the details to formalize

4. Strategic Planning

- TSLIP has been able to identify strategic directions, purposely kept at high level to allow for flexibility. Reviewed the process to date to remind exec committee of brainstorming, needs assessments, focus groups, and working groups discussions
- Overall, entire plan will focus on a just covid recovery for newcomers by working to overcome social inequalities such as racism and poverty
- Three strategic directions will be developed: policy and research, supporting newcomer success and strengthening the newcomer-serving sector
- Health and Mental Health Group will fall under second direction of supporting newcomer success

5. Update on Member Reopening Plans

- *Skills for Change*: Reopening date is not yet set. Updating return to work guides, communicating with others and office inspections. Have a few in person events, outdoors, but no in person service delivery
- *Madison Community Services*: In person services as needed, group programming still virtual. Had a few outdoor activities and thinking about maintaining a hybrid model. Not sure if office will be fully open
- *Access Alliance*: As a health centre, it has been open throughout the pandemic. Had some in person outdoor programs in summer and will see if it can happen in fall. Counselling staff did hybrid throughout the pandemic
- *Cecil Community Centre*: has been open since July 2020 and provided essential services and fully open now but not having all programming. Provides public washrooms and work with homeless and transient populations. Looking for ESL instructors to hold eventually classes
- *Parkdale Community Health Centre*: running groups outdoors and hybrid appointments very similar to Access Alliance
- *CCVT*: has been working from home, will start bringing staff back on a staggered schedule

6. Vaccine Engagement

- *Skills for Change*: Encouraging staff and clients to get vaccinated and speaking to lawyers and consultants but not settled on mandatory policy
- *Madison Community Services*: Has a vaccine ambassador with North York who focuses on LGBTQ+ population. Staff policy is being discussed but management is trying to incentive staff to be vaccinated
- *Access Alliance*: Staff is required to be vaccinated as it is a health facility
- *Cecil Community Centre*: Staff is required to be vaccinated as a city of Toronto agency. Clients are not required to be vaccinated but must wear masks. Volunteer and students also required to be vaccinated
- *Parkdale Community Health Centre*: Staff also expected to be vaccinated as a health facility

7. Afghan Refugee Member News and Initiatives

- *Skills for Change*: Part of Lifeline Afghanistan
- *Madison Community Services*: Have a few case workers who speak needed languages and have been in touch with Polycultural
- *Access Alliance*: is collecting information on staff on site who have required language skills to support
- *Cecil Community Centre*: no current plans in works but may partner with other organizations to provide space in future
- *Parkdale Community Health Centre*: no updates as yet

Program Updates

CCVT has a new Human Trafficking program they are launching

Madison Community Services has workshops on mental health for newcomers, advised staff to reach out to connect for more info

TSLIP will have a Back to the workplace Panel for senior leadership on September 17th at 10 am

8. Closing

Next meeting will be Monday October 18th at 10 am