



## Health and Mental Health Working Group

### Meeting Minutes

June 21, 2021

10 am – 11:30 am

Zoom

### AGENDA

1. Land Acknowledgement
2. Welcome & Introductions
3. Mental Health Training for LINC Teachers Update and Next Steps
4. Frontline Staff Support Network
5. Recent Tragedies: Combatting BIPOC racism and Islamophobia
6. Strategic Planning and Needs Assessment
7. Closing and Next Meeting

#### 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. Mental Health Training for LINC Teachers Update and Next Steps

The Canadian International Scientific Exchange Program (CISEPO) initiated the first session of a series of workshops on May 25<sup>th</sup> for 2.5 hours for LINC teachers. There were 22 participants who attended the first session free of charge

- Topics included identifying mental health distress, safer communication, self-care, self-awareness and seeking care and resources
- Next steps will be to include participants in community of practice and planning additional cohorts
- Nadia, new manager will take over organization of future sessions
- An evaluation was conducted at the end and we hope to share outcomes with working group once we received information
- It was also mentioned the possibility of having content portions of training recorded for later use. In the initial planning of the pilot, recording was declined due to the need to create a safer space, however may be revisited again going forward.

#### **4. Frontline Staff Support Network**

A short survey was sent on June 15 on google forms to see if there is a need to hold a new session of the Frontline Staff Support Network. Approximately 15 responses to date and are evenly split between a need for Workers' Rights, particularly surrounding return to work and mandatory vaccination and debriefing the tragic racially motivated incidents in recent media.

WG identified the need to have both sessions as one offered for return to work would be practical while the other would offer emotional downloading.

- A recommendation was made in the chat for Sudbury Workers' Education and Advocacy Centre (SWEAC) ED Scott Florence [executivedirector@sudburyworkerscentre.ca](mailto:executivedirector@sudburyworkerscentre.ca) for facilitation of back to work session

#### **5. Recent Tragedies: Combatting BIPOC racism and Islamophobia**

A safe space was left open for participants to share any challenges or practices that had occurred in their agencies in the wake of the recent racially motivated incidents

- A WG member shared their organization has been very affected by the events. They have a staff counsellor as well as an Employee Assistance Program (EAP) they have relied on.
- Additionally many of the youth programs have broached the topic and had discussion with participants
- Creation of a safe space for sharing has been helpful as well as just listening to the concerns of the staff and the clients and flexibility to tailor programming to meet emotional needs
- During discussion topics of youth mental health, youth anti-racism training and focus on dismantling white supremacy identified as issues that should be addressed.
- A contact was shared for Youthful Cities by Pivot Hub, a youth led organization that provided youth focused data, which may be helpful for youth mental health data when later developing initiatives

#### **6. Strategic Planning**

The strategic planning will continue over summer 2021. TSLIP is working on a 4 year plan and would like input from working group. Group members were reminded to complete needs assessment and link was provided

- TSLIP council will be held later in the month and insights from needs assessment will be shared along with WG input
- Focus groups will be conducted over the summer based on the emerging themes that arise and specific issues
- WG will use these issues to develop their work plans and projects going forward.

## **7. Closing**

A doodle poll will be sent out for next meeting in July. In August, meeting will return to second Monday in August in the morning