



## Health and Mental Health Working Group

### Meeting Minutes

May 10, 2021

10 am – 11:30 am

Zoom

### AGENDA

1. Land Acknowledgement
2. Welcome & Introductions
3. Frontline Staff Support Network
4. Mental Health Training for LINC Teachers
5. Strategic Planning
6. Changes to Working Group
7. 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.

#### 3. Frontline Staff Support Network

There will be a meeting to be set for the group to offer support on Workers' Rights, particularly surrounding return to work and mandatory vaccination. Group would like to get in someone who can answer questions in that regard and what types of jobs would be affected. The Workers' Action Centre has been contacted to see if they have the capacity for said topic. Previously one of the other working groups offered a training on workers' rights and the WG will see if that may be compatible with our model.

The deliverable for the network has been met as it was only for one year, however there is an appetite to continue. It is a lot of work for those in charge of organizing and ensuring those who need it the most have access to it.

An observation from a group member made mention that the attendance in WG has been decreasing due to increased demands on the virtual workload.

- Folks may be spread too thin or feel they no longer belong after several missed meetings. Or are experiencing virtual meeting fatigue.

- We should look into a way that allows everyone to send in questions or feedback if they are unable to attend.
- However to counter previous point, attendance is needed for best engagement and folks may not attend virtually if there are other options available.
- The facilitator noted that engagement also seems to be effected by virtual learning. When virtual learning is in session, WG participation is lower as members do not have available bandwidth or need to supervise.

It was brought up that maybe the meeting date should be revisited. However, support was made for the notion of a regularly scheduled meeting with option to send questions ahead if one cannot attend.

## **8. Mental Health Training for LINC Teachers**

The Canadian International Scientific Exchange Program (CISEPO) was recommended by Toronto Public Health to run a pilot for Mental Health First Aid for LINC teachers.

- The training will be held in 2 sessions, one on May 25<sup>th</sup> and another June 8<sup>th</sup> both for 2.5 hours. It will be free of charge
- Topics will include self-care and self-awareness and mental health needs of students
- Time to be determined based on input of WG members for best availability
- Will be limited to 25 participants from H and MH working group agencies; will outreach widely if needed
- If successful, will be held periodically to engage a larger number of teachers

## **4. 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 that Frontline Staff Support Network, Mental Health training for LINC teachers as well as any advocacy related to language have been recent undertakings. On the plan, there are usually four or five themes that are made the focus and include health and mental health, professional development and newcomer serving sector. It is usually vague to provide freedom to the work.

Members were invited to share any pressing concerns they would like included or suggest any short projects that could be completed in a few months. At this time, none were brought forward.

A group member did mention we need to consider how service delivery can improve going forward, based on what we have learned

## **5. Changes to Working Group**

The group facilitator announced they would be leaving their role. Jassi, Community Coordinator would take over responsibility for next meeting and will be in touch with meeting time, until the replacement can take over duties.

## **6. Closing**

Group confirmed they would like to retain standing date of every second Monday in the afternoon for meetings.