

Camrose Interagency Meeting Minutes
Held Monday, November 25, 2019 from 1:15 p.m. – 3:15 p.m.
At Service Options for Seniors

Present: Jolene Doig, Camrose & Area Early Childhood Development Coalition & Camrose Family Resource Centre; Tammy Richard, Alberta Health Services Addiction & Mental Health; Robyn Gray, Camrose Public Library; Sheralyn Dobos, Family Violence Action Society; Christina Rehmann, Service Options for Seniors; Jen Willes, Prairie Central FASD Association; Shara Harke, Association for Communities Against Abuse; Pamela Boyson, Alberta Health Services Nutrition; Andrea Dyck, BRSD Mental Health Capacity Building Program; Suzanne Dumont, Kids Campus Daycare Society; Laurie MacDonald, Plan It Consulting Inc.; Helen Samm, Camrose Women's Shelter; Margaret Holliston, Camrose & District Support Services; and Margaret Falk, Recording Secretary, Camrose & District Support Services.

Regrets: Leanne Stamp, Primary Care Network; Maria Lobreau, Home Support Services/Meals on Wheels

Margaret Holliston in the Chair

1. **Welcome & Introductions** - Margaret Holliston called the meeting to order at 1:15 p.m.
2. **Agenda** – as presented
 - **Presentations** - Pamela Boyson, Alberta Health Services Nutrition, presented the Revised Canada Food Guide - Eat Well, Live Well. The last food guide was updated in 2007, so a welcome update! Visit the Canada Food Guide website at <https://food-guide.canada.ca/en/>. Attached to the email you will find the "Frequently Asked Questions" handouts regarding the new Canada's Food Guide for each of the following areas: Child Cares, Pregnancy, Schools, General. If you have any further questions please contact Pamela at 780-679-2992.
3. **Member Reports**

Jolene Doig - Camrose Family Resource Centre - A Parent Link Centre. (Report Submitted)
Our new location is now open (4823 - 51 St.), we had nearly 120 people attend opening day.

We are open 9:00 a.m. – 4:00 p.m., Monday through Friday (Thursdays 9:00 – 7:30 p.m.) and 10:00 a.m. – 2:00 p.m. on Saturday. The winter programming newsletter will be out soon.

We have received word that our Parent Link funding will end on March 31, 2020. Currently, we are in the process of applying for funding under a new framework for services with family.

Jolene Doig - Camrose and Area Early Childhood Development Coalition – (Report Submitted)
We also received word that our funding will end March 31, 2020. The coalition will be meeting in the New Year to determine how we can still maintain a presence in the community, especially around celebrating, advocating, and educating the importance of early childhood development. There has been a time when we ran without funding previously, so there are options that need to be considered in the coming months.

Tammy Richard – Alberta Health Services Health Promotion (Report Submitted)

Tammy reported that she has been presenting too many students on the harmful effects of vaping due to the health crisis presenting with over 35,000 Albertan youth using vaping products. She mentioned that the CARE Coalition received some grant funding from Health Canada to do some prevention work with young people in Camrose and county. These activities will be rolling out in the next few months.

Some facts:

Electronic cigarettes, or e-cigarettes, are battery-operated devices that have cartridges with liquid chemicals in them. Heat from a battery-powered atomizer turns the chemicals into a vapor the user inhales (called vaping).

What is in e-cigarette liquid?

Propylene glycol, a man-made product used in antifreeze and theatre fog, is a common ingredient in vaping liquids. Glycerin and flavours with nicotine are also common. Although these flavours may seem harmless, they may actually make the products more harmful. The long-term effects of inhaling these substances is not yet known. Metals such as nickel, cadmium and mercury have been found in vaping liquids. Tests have also found that most vaping liquids have nicotine in them, even though they may be labelled and sold as “nicotine-free.” Nicotine is poisonous, especially to young children or pets, if swallowed or absorbed through the skin.

We also know that heating vaping liquids creates other chemicals that may have harmful health effects. There are also risks using e-cigarettes in pregnancy, as we do know that the chemicals affect how a baby’s brain develops. This remains to be true throughout childhood. This means that children and teens are especially at risk when exposed to these products.

Teens and young adults are especially at risk of becoming addicted and to the effects of nicotine. This is because their brains are still developing. Nicotine changes how the brain works. It can negatively affect memory and concentration. This is why so many teens and young adults try e-cigarettes.

If you need help quitting: Alberta Health Services gives support and information for people interested in quitting vaping or other forms of smoking. Call or text AlbertaQuits at 1-866-710-QUIT (7848) or visit www.albertaquits.ca.

Robyn Gray – Camrose Public Library

The Camrose Public Library celebrated their 100th anniversary on November 19th. The celebration was a big success!

The December calendar has some great events and a unique fundraiser. Check out the Camrose Public Library for details.

The Library is always looking for ways to collaborate. Please contact Robyn Gray with your ideas!

Sheralyn Dobos – Family Violence Action Society (Report Submitted)

Family Violence Action Society is settled into their new location at 4821 – 51 St.

FVAS is looking for new ways to fund Children’s Counseling for 2020 for children and youth. FVAS serves children referred by parents, guardians and community organizations, who are mostly ages 12 and under as well as providing weekly counselling service to Camrose Outreach School. An online fundraising campaign is underway to raise \$5000, with donations to a total of \$2500 being matched by anonymous donors. Respond our fundraising appeal on Facebook at the beginning of December for an additional matching contribution by ATB Cares.

Adult group programs continue to be offered, with the exception of Art Therapy. Start dates for next men's and women's 14-week groups, "Choices: Intimate Partner Abuse and You" are set for first week of February. Anger Management 8-week group for men and women is set to start first week of March. Registration is ongoing and referrals by agency or self-referral are welcome.

Christina Rehmann – Service Options for Seniors (Report Submitted)

The SOS Program is steadily working on improving our service model and developing collaborative relationships throughout the sector and beyond. We have a new(ish) board that is dynamic and excited about the future - they are involved in board development workshops and are working on re-branding the program.

We will be hosting a Come & Go Christmas Party on Thursday, December 19 from 11:00 a.m. – 2:00 p.m. Fantastic home baked snacks, presents, raffle draw, live music - Everyone is welcome!

We have noted an up-take in reported elder abuse referrals/calls. We are not sure why we are seeing this increase. It could be due to community promotion around elder abuse, promotion of our community elder abuse protocol, rise in abuse, awareness - we need to develop a metric in order to understand more. SOS was able to collaborate with the Camrose Police to investigate a suspected elder abuse case and we are grateful for their support of this elder. We are encouraged that folks are coming forward to speak up on behalf of their friends and neighbours.

Jen Willes – Prairie Central Fetal Alcohol Disorder Association (Report Submitted)

Prairie Central FASD Association is one of the 12 Fetal Alcohol Spectrum Disorder Networks in the Province. Jen does work around FASD Prevention, as well as training with people on how to have conversations with adults of childbearing age about alcohol and pregnancy, and youth around drug, sex, consent, birth control, etc. Jen goes into schools to train teachers and speak to classes, does consults, and talks to professionals in all areas about what FASD is and provide strategies. Please call Jen for assistance with Navigation through Prairie Central services.

Prairie Central FASD also has an adult FASD Assessment and Diagnostic multi-disciplinary clinic team. We work closely with community agencies, including CAFCL, Open Door, and McMan Youth Services, to ensure that the adult or child is supported through all parts of the assessment process and receives the required support following the assessment.

The newest addition to the Prairie Central FASD team is Cathy Cross, formerly with FASD at a government level, who has been hired as the new Executive Director.

Pamela Boyson, Alberta Health Services Nutrition Services (Report Submitted)

The next Infant Nutrition Class will be held on January 22nd, 10:00 a.m. – 12:00 p.m. at Camrose Public Health.

Unfortunately, the 2020 dates have not yet been set for the Goodbye Mealtime Struggles Class, but will have dates confirmed by February, 2020.

Shara Harke – Association for Communities Against Abuse (Report Submitted)

New logo, website, new email accounts: www.acaahelps.ca, Stephanie Hadley: director@acaahelps.ca, Shara Harke: s.harke@acaahelps.ca, General Inquiries/Admin: info@acaahelps.ca

New materials: ACAA is distributing emergency contacts lip balm to all communities in East Central AB, with local and provincial contact information. To request these, or other materials, please contact ACAA.

Community Asset work, please share some info.

Therapy: ACAA has opened more files as of September 1, 2019 than any previous calendar year. We are already approximately 50% higher than any previous year, so very busy. Camrose is still experiencing longer wait times for therapy, this is in part due to two vacancies within the therapy team. ACAA is recruiting, and hopes to hire 2-3 therapists to serve Camrose area as soon as possible. All other areas are fully staffed, and have minimal or no wait time for therapy services.

Education : Presentations, training and in school programs are available by request. ACAA is also offering the First Responder to Sexual Assault and Abuse in Stettler on December 5th and 6th.

Community Support: is available to individuals and their loved ones, who have experienced sexual assault or abuse recently or in the past. This specialized worker can provide crisis support, information, referrals, system navigation, accompaniment and advocacy. Please contact our office for more information.

Locations: In addition to the central office in Stettler, ACAA opened a satellite office in Camrose in October 2019, and will be opening a second satellite office in Drumheller this year. The Camrose location will provide meeting, counselling and work space to the team members, and will help to provide greater access to individuals in the area, which sees approximately 60% of ACAA's service

Andrea Dyck – BRSD Mental Health Capacity Building Program

The Mental Health Capacity Building (MHCB) program provides promotion, prevention and early intervention for addiction and mental health services to children, youth and their families, within a school setting. Funding comes from Alberta Health Services with the Wellness Coaches working in the School systems. This program is not anticipating funding reductions and every school has access to a wellness coach.

Program staff continually seek out ways to partner with other agencies and is currently putting in a plan for summer 2020 partnering opportunities. Please contact Andrea for information on ways to incorporate mental wellness in summer programs.

Suzanne Dumont – Kids Campus

Kids Campus provides regular, part-time, and drop-in care for children up to 12 years of age. Currently hours are from 6:30 a.m. – 11:30 p.m., Monday through Friday, excluding Stat. holidays. The 3 year ELCCC \$25.00/day fee program ends in April, 2020. If the ELCCC grant is lost, the extended hours may be in jeopardy.

Laurie MacDonald – Plan It Consulting

Plan It Consulting is a private agency that provides in-home support/household management; community support and respite. Laurie is the Companion Coordinator for Plan It Consulting and can be reached at 780-672-6003.

Helen Samm – Camrose Women's Shelter

Hope Group – a Women's group for those affected by domestic violence is held the 1st and 3rd Tuesday of the month from 4:30 – 7:00 p.m. Free supper and childcare is provided. To register call 780-679-4975.

The Women's Shelter is hoping to raise \$10,000 on "Giving Tuesday, December 3rd". Fika coffee will be donating \$1.00 from every coffee sold that day. Scotia Bank will also be collecting money.

Margaret Holliston – Camrose & District Support Services

The Social Development Committee will not meet until February, 2020.

CDSS is settled into our new office at 4821 – 51 St. It's a great location, with street front access. FCSS will receive multi-year funding agreements.

Seniors Coalition is excited to participate and engage with stakeholders to support a Hub Model concept for senior services.

4. Suggestions for Future Presentations:

Family Violence Action Society and Service Options for Seniors will do a presentation on "It's Not Right – Neighbours, Friends & Family."

5. Next Meeting – Monday, February 10, 2020, at 1:15 p.m. - Location to be announced.