

Health & Mental Health Working Group
Meeting Minutes
Metro Hall, 55 John Street, Room 302
August 22, 2013. 2:00 – 4:00 p.m.

Agenda

- | | |
|---|--------|
| 1. Welcome and Introduction | 10 min |
| 2. Approval of Minutes | 5 min |
| 3. Update on the Opening Doors Project | 20 min |
| 4. Developments Regarding the Frontline
Staff Mental Health Training | 20 min |
| 5. Toronto Newcomer Office (TNO) &
Toronto Public Health (TPH) | 50 min |
| • Health Pillar Presentation and Discussion | |
| 6. Action Items/Next Steps | 15 min |

Attendance

Present:

Cindy Rose	Toronto Public Health
Debbie Hill-Corrigan	Sojourn House
Hongmei Cai	Dixon Hall
Irina Sytcheva	Schizophrenia Society of Ontario
Lucetta Lam	Hong Fook Mental Health Association
Miu Lin Wong	Toronto Western Hospital
Natasa Boskovic	Newcomer Women's Services Toronto
Paulina Wyrzykowski	St. Christopher House
Rosa Ribeiro	Parkdale Community Health Centre
Sagram Rana	Sherbourne Health Centre
Sue Kelleher	Toronto Newcomer Office (City of Toronto)
Teresa Dremetsikas	Canadian Centre for Victims of Torture

Regrets:

Alex Irwin	George Brown College
Cindy Himmelstein	Children's Aid Society of Toronto
Janet Ngo	CAMH
Lata Patel	AIDS Committee of Toronto
Zena Birhany	Madison Community Services

Staff: Nicole Watson, Kera Vijayasingham

1. Welcome and Introductions

Everyone was welcomed to the meeting and introduced themselves along with the agency that they represent.

2. Approval of Minutes

Members had the opportunity to review and approve the Minutes of the previous working group meeting. An update was provided around two key items.

Full Day Mental Health Training: during the last meeting there was discussion around meeting with a consultant (Nene Kawasi Kafali) to facilitate a day long mental health training similar to the one that was done in the Toronto North region. This piece has been put on hold. Instead, as per member feedback and discussion, the group will be leveraging existing expertise within the working group to conduct the training.

LHIN Representative: members expressed that inviting the LHIN to a working group meeting would be beneficial for coordination of existing services and projects in the downtown area as well as potential collaboration to facilitate efficient service delivery. One member agreed to contact the LHIN regarding Health Links in Toronto, however this member has since left their respective agency. TSLIP staff extended an invitation to other members who may have a connection with the LHIN.

Update: Mui Lin Wong from Toronto Western Hospital was able to connect TSLIP staff with a representative from Health Links. Pauline Pariser has confirmed she will attend or send a representative to the next TSLIP Health & Mental Health working group meeting. During this meeting, the LHIN will give a brief presentation which will include a Q&A period and discussions around the “Health Links” strategy, newcomer health related priorities and areas for potential collaboration.

3. Opening Doors Project

TSLIP Staff were able to negotiate with Opening Doors Project to conduct 5 sessions that will culminate in a certificate. The 5 sessions chosen by ODP coordinators were deemed to be the most essential for individuals working with newcomers experiencing mental health concerns: Mental Health & Wellness 101, Journeys Through Mental Health: A Story-Based Approach, Shades of Grey: Anti-Mentalism 101, BREATHE: Self-Care in Stressful Times and Know Your Rights 101. Tracy Sheridan from Toronto Public Health has booked space at Metro Hall for the first session. Cindy Rose from Toronto Public Health was able to booked space for all the remaining training sessions at the East York Civic Centre. All TSLIP members have been invited although there are only 20 spaces available. To date, 18 members have confirmed their registration.

One member asked if a course participants asked if there was an possibility of a make-up session if one of the five sessions were missed. TSLIP staff informed members that they are waiting for confirmation from the Opening Doors Project regarding modified certificates for completing 4/5 of the required sessions.

Update: Opening Doors Project confirmed that in order to maintain the integrity of the series, they cannot offer a modified certificate. Participants must complete all 5 sessions in order to receive a certificate issued by the Opening Doors Project through CMHA.

A member also asked whether the sessions would be tailored specifically for service providers as the Opening Doors Project also offers training for community members. TSLIP staff informed members

that the series is tailored specifically for service providers in the settlement and/or mental health. TSLIP staff meet with ODP facilitators to tailor each session and session activities specifically to address the perspective/needs of service providers and prevalent concerns within the Toronto South region.

Another member asked whether community members/ survivors would be speaking about their experiences during the sessions. TSLIP staff explained to members that although there will not be designated speakers, the facilitators of ODP have lived experiences and ensured sessions will include case studies.

The first session of the Opening Doors Project will take place on September 17, 2013 at the East York Civic Centre, 850 Coxwell Avenue.

4. Full Day Mental Health Training

TSLIP staff provided an update around the full day training being planned by the Health & Mental Health working group. The update began with a review of the key objectives of this training:

1. Training on implementing a culturally appropriate, anti-oppressive framework for supporting clients with a focus on the social determinates of health and intervention strategies
2. Utilizing a mental health promotion framework, that addresses barriers to service and advocates for stigma reduction
3. Concrete skill building for frontline workers through resource sharing and best practices

TSLIP staff informed members that 3 speakers have been designated to facilitate the training:

1. The Canadian Centre for Victims of Torture
2. Toronto Public Health
3. Hong Fook Mental Health Association

As previously mentioned, the TSLIP does not have a budget for refreshments and so the training has been planned to be slightly shorter than a full day. The 3 facilitators will be present at the next scheduled working group meeting and will speak briefly about their presentations. The training is set to occur in Winter 2014.

5. Toronto Newcomer Office & Toronto Public Health

Health Pillars Presentation

Sue Kelleher of the Toronto Newcomer Office attended the working group meeting to speak about the Toronto Newcomer Strategy's health pillar and their collaboration with Toronto Public Health. Last October, the City LIP and TPH hosted a city-wide Health Forum that conducted a needs assessment and highlighted best practices. They worked to identify commonalities between all quadrants' settlement strategies and also identified unique projects. Ultimately, TNO and TPH are looking to work with the quadrant LIPs to complement existing health related projects.

Sue Kelleher reviewed the Toronto Newcomer Strategy and outlined the common newcomer health related themes identified across the quadrant LIPs as well as areas identified by the city-wide Newcomer Health Forum from October 2012.

Common themes/identified needs across all Quadrant LIPs and TPH Newcomer Strategic Plan:

- Mental Health promotion for newcomers
- Cultural Competency and anti-oppression training for health, settlement and community sectors including faith organizations
- Increasing awareness about newcomer health to the general public

City-wide needs identified in research across the city:

- Family reunification challenges
- Immunization in schools
- Early identification

Please Note: For more information on identified themes please see the accompanying “TPH-TNO Health Pillar Summary” document.

Health Pillars Discussion

Sue highlighted that TNO/TPH will be cautious of not duplicating local work through their purposed projects. They also do not want to overburden members who are working on quadrant projects and therefore welcome members to participate based on their own level of interest and schedule.

TSLIP members seemed particularly interested in exploring the “*Early Identification Clinic*” project as several members have had experience piloting similar initiatives in the past. Sue noted that currently TNO/TPH is in the preliminary, data gathering phase. They are looking to engage LIP stakeholders in the development of a “planning toolkit” which can then be used to pilot clinics within each of the four quadrants. Sue also mentioned that TNO/TPH would be working to compliment or expand clinics that are already occurring at the neighbourhood level within quadrants. It was indicated that LIP members could play a key role in guiding the development of the toolkit and offering experienced-based knowledge on what works (or does not work).

Some discussion was also held around the “*Family Reunification*” project. Members suggested that the Reunification and Adaptation Program (RAP) materials could be highlighted at the City-Wide Mental Health Forum that TNO is planning to organize. Members also noted that due to current immigration changes, family separation is becoming more of a prominent issue. Members agreed that befriending programs and other support services have been essential in providing social support for those who are separated from family indefinitely.

Sue concluded by mentioning that participation in the various city-wide projects can occur on a variety of levels; from providing advice/feedback, to sitting on planning tables, or outreaching to local partners. For the time being, TNO/TPH representatives have agreed to attend future working group meetings to provide project updates and gather input and advice from members. TSLIP members asserted a particular interest in participating in the development of an Early Identification Clinic within the Toronto South region.

6. Action Items/Next Steps

News in the TSLIP Region

- Irina Sytcheva shared that Schizophrenia Society Ontario now has a *Speakers Bureau*. She welcomed members to contact her for access to speakers with lived experiences for future forums/ events.
- Nicole Watson spoke about the CCVT Course: *Torture, Trauma, Psychological Impact and Mental Health: Meeting the Needs of War and Torture Survivors* which is commencing on September 18, 2013 for 9 months. Course details were distributed to the working group.
- Hong Fook has opened up a new primary health HF Connecting Health Nurse Practitioner-Led Clinic in Scarborough that will accept new patients and there is no service boundary. The Nurse Practitioner-Led Clinic is the newest primary health care model in the Province of Ontario and HF Connecting Health NPLC is the 2nd of its kind in the City of Toronto. Clinic Providers include: Nurse Practitioners, Registered Nurses, Social Worker, Dietician, Health Promoter, Medical Secretaries, Collaborating Physicians and Psychiatrists.

NEXT MEETING: Thursday October 3, 2013, 2:00p.m. – 4:00p.m., Hong Fook Mental Health Association, 130 Dundas Street West, 3rd Floor

Action		Who
Contact	Determine a LHIN contact and approach them about attending a future meeting to discuss their “Health Links” strategy and current priorities in relation to newcomer health	ALL Members & TSLIP Staff
Survey	Distribute short questionnaire to determine working group members’ interest in TNO/TPH projects and desired level of participation	TSLIP Staff (on behalf of TNO/TPH)
Complete Survey	Complete short questionnaire on areas of interest/participation	ALL Members
Documents Request	Distribute the Reunification and Adaptation Program (RAP) materials website URL to TSLIP members	TSLIP Staff
Information Request	TNO/TPH representatives to keep working group members informed of progress, specifically in relation to the Early Identification Clinics	TNO/TPH
Opening Doors	Confirm possibility of modified certificated for members who complete 4/5 sessions with the Opening Doors Project Coordinator	TSLIP Staff
Invite	Ask the three facilitators of the day-long mental health training to attend the next working group meeting	TSLIP Staff

