



Mental Health Support Sub-Committee Meeting Minutes

February 13, 2018

CSI Annex, 3rd Floor, Room 4

Present: Sogol Zand (Afghan Women's Organization); Tahir Kahn (Toronto North-LIP); Muna Gaye (Toronto Newcomer Office); Kaitlin Murray (Toronto East Quadrant LIP); Grace E. McDonald (Hospitality Training Centre); Amanda Choo (Woodgreen); Angelica de Jesus-Bretschneider (Toronto South-LIP)

Regrets: Vivien Green (North York Community House)

Agenda:

1. Welcome
2. Approval of minutes
3. Action items from previous meeting
4. Action planning on:
 - a. Encouraging guidelines for all organizations re: working with clients on mental health issues
 - b. Writing letters to funders
 - c. Organizing a forum/meeting between actors who provide(d) non-medically based mental health supports services
 - d. Improving services that already exist (e.g. helping frontline workers be more knowledgeable about culturally appropriate mental health supports for newcomers; helping front-line workers get the mental health supports that they need
 - e. Helping newcomers find mental health supports before having to go to CAMH
5. Any other issues
6. Next steps
7. Scheduling next meetings
8. Adjournment

1. Welcome

Participants were welcomed.

2. Approval of minutes

Approved.

3. Action items from previous meeting

GRACE: Still waiting on report from OCASI

TAHIR, ANGELICA, KAITLIN, VIVIEN: Doing environmental scan of what IRCC and CAMH are already funding to assess how to frame letter to funders.

SOGOL: Shared information regarding Wellness Forum: March 29 at the People's Church

4. Action planning

Members agreed to focus on item C as a launchpad to learn about wellness services that are available. Then move to item A and B. Items D and E are the overall goals for the sub-committee.

a. Encouraging guidelines for all organizations re: working with clients on mental health issues

Goal is to create a repository or data base of guidelines that exist.

Members are considering using Basecamp to send a brief survey to LIP members about guidelines for mental health supports (e.g. Do they know of any? Where are guidelines located?)

ACTION: All members read [OCASI's Member Health Promotion Guideline](#). If you know of other guidelines, please share information with the group.

ACTION: Amanda to share information on mental health first aid trainings and related resources

b. Writing letters to funders

Members also want to survey LIP members through Basecamp to learn about who has peer support? What types of mental health services are available for frontline staff and clients? Who is doing what?

Will wait to send out survey until after AWO's Wellness Forum. In the meantime, Tahir, Angelica, Vivien, and Kaitlin will conduct preliminary research about mental health projects and programs funded IRCC and CAMH.

Plan is to share draft letter with broader SISC Working Group; and send a joint-letter to funders from organizations who support the letter.

c. Organizing a forum/meeting between actors who provide(d) non-medically based mental health supports services

Members agreed to attend AWO's Wellness Forum on March 29. We want to learn about what other organizations are doing. What are the challenges? Any promising practices? Any opportunities for collaboration around mental health supports to improve services?

ACTION: Sogol to send draft agenda, invite list, and Eventbrite information

- d. **Improving services that already exist (e.g. helping frontline workers be more knowledgeable about culturally appropriate mental health supports for newcomers; helping front-line workers get the mental health supports that they need**
- e. **Helping newcomers find mental health supports before having to go to CAMH**

Items D and E were identified as overall goals for the sub-committee. Items A-C are the actions members will take to reach D and E.

5. Any other issues

After the Wellness Forum, sub-committee will conduct research through a survey via Basecamp + InterLIP + members to learn about:

- Which LIPS are doing what with regards to mental health supports for newcomers (e.g., providing resources, guidelines, capacity building, programming)?
- Do LIP members know of guidelines or other written resources available for mental health supports for frontline workers and newcomers?
- Ask LIP members to share the survey to their networks.

ACTION: Angelica will design the survey on Survey Monkey and send to Tahir, Muna, and Kaitlin

6. Next steps

Members will share idea about writing a letter to funders to broader SISC Working Group, Council, and Executive Members

Members will support Sogol in any way needed to implement the Wellness Forum. Group will meet on March 15 to discuss how members can provide support to Sogol and the AWO.

7. Scheduling next meeting

Members decided to schedule meetings on a rolling basis.

8. Adjournment

4 p.m.