



Mental Health Supports Sub-Committee Meeting

June 5, 2018

Agenda

1. Welcome
2. Approval of agenda items
3. Action items from previous meeting
4. Draft survey for collecting/identifying mental health supports guidelines
 - a. Distribution of survey
 - b. Setting up the webpage
5. Update from Planning Committee re: forum
6. Any other business
7. Next meeting date

Participants

Mariam Chevrier, Richard Villavicencio, Tahir Khan, Navarre Bailey, Grace McDonald, Kaitlin Murray, Muna Gay, Sogol Zand, Gem Lee-Herder, Amanda Choo

Minutes

1. **Welcome**
2. **Approval of agenda items**
3. **Action items from previous meeting**
4. **Draft survey for collecting/identifying mental health supports guidelines**

ACTION: Angelica to share draft questionnaire as Google Docs.

ACTION: All members to review document and provide input.

Members agreed that the best place to upload protocols and guidelines would be on the website of Toronto South Local Immigration Partnership.

Tahir will help distribute the questionnaire through Basecamp and members will also forward the questionnaire through their networks.

5. Update from Planning Committee re: forum

Forum will take place during the week of November 19 (preferably Tuesday or Thursday) at the office of the Peer Project (Yonge and Finch).

The forum will showcase the value of community-based mental health supports. The purpose is to draw funders' attention to people's stories. For example, stories on:

- Immigrants' experience with coming to Canada and the mental health struggles that they faced;
- Initiatives, programmes, or services in communities that helped immigrants;
- People who have provided or initiated community-based mental health supports (experiences, benefits to the community)
- Why sustained funding is necessary

Event will focus on three key themes, while the structure of the event is still to be decided. The three themes include:

1. Community, challenges, how programmes/initiatives have helped them
2. Filling the gap, successes of helping newcomers, the impacts of programmes/initiatives
3. Funders, why they funded an initiative/programme/agency

Members agreed that this forum is not a stand-alone event. The goal is for this event to lead to ongoing conversations/meetings with funders.

The structure of the event is still to be decided. Gem mentioned that she attended a well organized half-day forum that was hosted by the Black Student Association at the University of Toronto. **ACTION: Gem** will provide contacts to Angelica to learn about organization of event.

Group members (including broader Systemic Issues and Social Change Working Group) need to raise funds to cover food costs and honorarium budget for speakers. It was suggested that an ideal budget requires \$700-1000 to cover food and honorariums.

ACTION: All members of sub-committee agreed to help populate Excel spreadsheet with list of potential organizations/speakers and contacts; a list of community-based caterers; list of potential people to invite; and projected budget for food and honorariums.

ACTION: Angelica to send Excel spreadsheet as a Google Document.

6. Any other business

- Going forward, Ruth Antwiwaa (Community Development Officer at the Toronto Newcomer Office) will step in for Muna Gaye.
- June 21, 6:00 pm: Screening of "Pandi", a documentary about mental health in South Indian communities in Scarborough. <https://www.savac.net/event/pandi-scarborough-screening/>

7. Next meeting date

ACTION: Angelica to send Doodle poll for next meeting (to take place in late August).