

*Thursday March 4th & 11th, 2021
Online via Zoom*

2021 CHN Learning Days & Healthy Communities Forum

Resilience, Equity & Wellbeing: Working Together for Healthy Island Communities



Program & Information Package



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Introduction

The Island Region Community Health Networks (CHNs) welcome you to the **2021 CHN Learning Days & Healthy Communities Forum: Resilience, Equity & Wellbeing: Working Together for Healthy Island Communities**. We are excited for you to join us over the two days as we learn, plan and connect with others from across the Island Health Region working to create healthy island communities.

What Will You Learn?

We will explore a range of topics that are currently impacting our communities, exacerbated by the ongoing pandemic. Both large and small group sessions will allow participants to actively engage throughout the two-day event designed by CHN coordinators. Key learnings from the event support island communities to impact health outcomes and create positive system change locally.

Our goal is for participants to share and celebrate success stories from across the Island Region, explore innovation to address emerging issues in the field, and help to enhance CHN efforts to catalyze collective action. By the end of the two-day event, we hope you will leave with new ideas for how to tackle complex health and social issues in your region, new connections for ongoing learning, support and collaboration, a deeper understanding of the community health networks, and exciting new partnership opportunities.

Notes About Videoconferencing Etiquette:

The healthy communities forum will be entirely virtual this year due to the ongoing pandemic, in order to ensure minimal interruptions please read and follow the below instructions on videoconferencing etiquette:

- 48 hours in advance of each session you will be provided connection instructions via email, please do not share the connection information without confirmation from the organizers.
- We will be using a waiting room to ensure only registered participants are in attendance, please use the name you registered under to connect or we may be unable to admit you into the session.
- If you would like to join on video please note that the forum will be recorded.
- Joining via video indicates you give permission for the CHN to record your image or likeness while participating in the forum and to use your image or likeness for educational or promotional material related to the event.
- Microphones must be MUTED at all times, unless you are engaged in a discussion or called on.
- Please use the “raise your hand” button to ask a question and wait until you are called on to unmute.
- If you need to step away from your computer at anytime in the day please avoid leaving the meeting and instead ensure that your video is turned off and your audio is muted, when you return to your computer please do not announce your return unless called upon to do so.
- Please ensure you are respectful of everyone and every idea, do not engage in any activity that could be considered disrespectful or prejudiced.
- The chat feature is reserved for questions directly related to the topics or for participants to record their reflections on the event, please do not use the chat feature for personal conversations or conversations not related to the event. Notes in the chat will be archived and private chats are visible when copied.



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Traditional Land Acknowledgements

The 2021 CHN Learning Days & Healthy Communities Forum is being held across the Island Health Authority Region in partnership with the **Sooke Region Health Network**, the **Oceanside Health & Wellness Network**, the **Comox Valley Community Health Network**, the **Regional Outcomes Monitoring Community Health Network**, the **Strathcona Community Health Network**, the **Alberni Clayoquot Health Network**, the **Mount Waddington Health Network**, **Our Cowichan Communities Health Network**, **Island Health** and **Vancouver Island University**. We would like to begin by recognizing the lands on which our organizations are located on.

Sooke Region

Sooke Region Health Network would like to acknowledge the traditional territories of the Coast Salish, SCIA'NEW Nation and T'Sou-ke Nation, and Nuu-chah-nulth Pacheedaht Nation to the west, upon which we work together to improve health and wellbeing for all.

Capital Regional District

The Regional Outcomes Monitoring Community Health Network acknowledges that its work encompasses the Traditional Territory of the Lək̓ʷəŋən speaking peoples and recognizes the First Nations in the region including the Lək̓ʷəŋən (Songhees) & Xwsepsum (Esquimalt) Nations, W̱SÁNEĆ Nations {W̱JOLEĒLP (Tsartlip), BO̱KÉCEN (Pauquachin), STÁUTW̱ (Tsawout), W̱SIKEM (Tseycum)}, and MÁLEXEĒ (Malahat) & Pune'laxuth' (Penelekut) Nations.

Cowichan Valley Region

Our Cowichan Communities Health Network acknowledges that it operates within the traditional, unceded territories of the Cowichan, Ditidaht, Penalkut, Halaht, Stz'uminus, Ts'uubaa-asatx, Lyackson, and Malahat First Nations.

Nanaimo & Oceanside Region

Oceanside Health and Wellness Network would like to acknowledge that it exists on the traditional and unceded territory of the Coast Salish Peoples, including the traditional territories of the Snuneymuxw and Snaw-naw-as First Nations.

Alberni Clayoquot Region

The Alberni-Clayoquot Health Network would like to acknowledge that it exists on the traditional territory of the Nuu Chah Nulth people. This includes the traditional territories of the Ditidaht, Huu-ay-aht, Hupacasath, Tsessaht, Uchucklesaht, Ahousaht, Hesquiaht, Tla-o-qui-aht, Toquaht and Yuu-cluth-aht Nations.

Comox Valley Region

The Comox Valley Community Health Network respectfully acknowledges that it operates on the unceded traditional territory of the K'ómoks First Nation and its members live, work and play within this territory.

Strathcona Region

The Strathcona Community Health Network works within the territories of Kwakwaka'wakw, Nu-chah-nulth, and Coast Salish peoples and includes Homalco, We Wai Kai, Wei Wai Kum, Klahoose, Kwiakah, Tlowitsis, Mowachaht/Muchalaht, Ehattesaht, Nuchatlaht, Ka:'yu:'k't'h' and Che:k'tles7et'h' First Nations.

Mount Waddington Region

We would like to acknowledge the many First Nation traditional territories that are within the Mount Waddington region, where the Mount Waddington Health Network operates, including; the Gwa'sala-'Nakwaxda'xw, 'Namgis, Dzawada'enuxw, Gwa-Wa-Enuk, Whe-la-la-U Area Council, Quatsino, Kwakiutl, Kwicksutaineuk, Da'Naxda'xw Awaetlala, Tsawataineuk, Mamalilikulla Qwe Qwa Sot Em, and Tlatlasikwala First Nations.



SUSTAINABLE DEVELOPMENT GOALS

Adopted by the United Nations in 2015 as part of the 2030 Agenda for Sustainable Development, the 17 Sustainable Development Goals (SDGs) act as a blueprint for a better and more sustainable future for all. The SDGs call all world nations to action – regardless of economic status – to end poverty and protect the planet, while leaving no one behind.

Each of the SDGs are broken down into targets and indicators, speaking to a variety of topics and issues that require being addressed in order to achieve sustainable development for people and the planet.



Recognizing the need to increase the rate of implementation to successfully achieve the SDGs by 2030, the United Nations initiated the **Decade of Action** in 2020. The Decade of Action urges nations to **dramatically increase efforts** to achieve the SDGs.

Additionally, the **COVID-19 pandemic** induced a **global crisis** demonstrating that the achievement of the SDGs has become more urgent and apparent. Global health has declined, poverty and inequalities have worsened, and progress towards environmental protection has been put on pause. Now is the time to advance the SDGs and **build back better**.

Connections between the SDGs and the Social Determinants of Health

3 GOOD HEALTH AND WELL-BEING



SDG 3 (Good Health and Wellbeing) is overarching of all Social Determinants of Health. Differences in income, living conditions, levels of education, and so on can have both positive and negative consequences on physiological and mental health and wellbeing. SDG 3 addresses issues ranging from maternal mortality and disease prevention to substance abuse and mental health, all of which are direct impacts of the following 14 Social Determinants of Health.

Income and income distribution



Healthy coping skills and lifestyle



Education and literacy



Social connectedness /networks



Employment and working conditions



Housing



Neighbourhood and built environment



Food security



Healthy childhood development



Culture, customs, beliefs



Biology

Race Gender Disability



Colonization and intergenerational trauma



Accessible health and social services



Systemic racism and discrimination



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Agenda

Day 1 – Thursday March 4th, 2021

9:00am – 9:10am	Territorial Acknowledgement & Welcome Nick Chowdhury (Da'naxda'xw/Awaetlala First Nation)		
9:10am – 9:15am	Opening Address Dr. Richard Stanwick (Chief Medical Health Officer, Island Health)		
9:15am – 9:30am	Introduction the 2021 CHN Learning Days & Healthy Communities Forum Nick Chowdhury (Da'naxda'xw/Awaetlala First Nation)		
9:30am – 9:50am	Bouncing Forward: Creating healthy One Planet communities in the aftermath of COVID Dr. Trevor Hancock (Professor Emeritus, University of Victoria)		
9:50am – 10:00am	BREAK - MOVE TO BREAKOUT ROOMS		
10:00am – 11:00am	Breakout Room Sessions		
Loosening the Vice: Considering decriminalization & other policies to save lives Scott Bernstein & Dr. Lee Johnston (Canadian Drug Policy Coalition)	Social Connection, Loneliness and Health Dr. Denise S. Cloutier (University of Victoria) & Andrew Moore (Canadian Senior Cohousing Association)	Cowichan Housing First In Action Dr. Bernie Pauly (University of Victoria), Mayor Michelle Staples (City of Duncan) & John Horn (Cowichan Housing Association)	Mental Wellness & COVID-19: Why Nature Matters Jade Yehia (Island Health) & Dr. Fred Grouzet (University of Victoria)
11:00am – 11:10am	BREAK – LEAVE BREAKOUT ROOMS		
11:10am – 11:55am	Collective Impact: A Collaborative Framework for Moving Ideas into Action Sylvia Cheuy (Tamarack Institute)		
11:55am – 12:00pm	Closing Remarks Nick Chowdhury (Da'naxda'xw/Awaetlala First Nation)		



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Day 2 – Thursday March 11th, 2021

9:00am – 9:10am	Territorial Acknowledgement & Welcome		
	Christopher Bate (Comox Valley Community Health Network)		
9:10am - 9:30am	Introduction the 2021 CHN Learning Days & Healthy Communities Forum		
	Nick Chowdhury (Da'naxda'xw/Awaetlala First Nation)		
9:30am – 10:00am	Decolonizing Practices		
	Jacqueline Jennings (Jacqueline Jennings Consulting)		
10:00am – 10:10am	BREAK - MOVE TO BREAKOUT ROOMS		
10:10am – 11:10am	Breakout Room Sessions		
Creating A Poverty Reduction Action Plan	Reconciliation and Community Safety	UNDRIP in Action: The Syeyutsus Journey	COVID-19 Pandemic Dialogues: Building Resilience and a Just Recovery for All
Jill Zacharias (Tamarack Institute)	Cpl Chris Voller (Royal Canadian Mounted Police)	Ted Cadwallader (School District 68)	Jenn Meilleur (New Stories) & Erica Crawford (SHIFT Collaborative)
11:10am – 11:20am	BREAK – LEAVE BREAKOUT ROOMS		
11:20am – 11:45am	Healthy Transitions from Children to Youth, to Young Adults: The Need for Monitoring Indicators, Data Sharing, and Knowledge Translation		
	Dr. Fred Grouzet (University of Victoria)		
11:45am – 12:00pm	Closing Remarks		
	Nick Chowdhury (Da'naxda'xw/Awaetlala First Nation)		



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Keynote Session Descriptions

Bouncing Forward: Creating healthy One Planet communities in the aftermath of COVID

9:30 am - 9:50 am, Thursday March 4th, 2021

COVID-19 has revealed a number of weaknesses and some strengths in our society. The weaknesses include the undervaluing of essential workers, of community and of governments in recent decades, as well as the impact of our current economic system and its underlying values on nature and on us. The strengths are in our ability to work together – well, on the whole – and to adjust to the challenges posed by COVID-19.

But COVID-19 - or rather, the world after COVID - also presents us with an opportunity to do things differently. There are calls at all levels from the global to the local for the post-COVID recovery to be green/sustainable, just and healthy. At the local level especially, we need to re-connect and build - or rebuild – community. I will argue that in the aftermath of COVID-19, healthy island communities must be ecologically and socially just and sustainable, and I will discuss what that means for our communities and all those who strive to create healthy communities. **Presented by: Dr. Trevor Hancock**

Collective Impact: A Collaborative Framework for Moving Ideas into Action

11:10 am - 11:55 am, Thursday March 4th, 2021

Collaboration – with funders, allies and community partners – is a significant part of how our work gets done these days. But, not all forms of collaborations are the same. Collective Impact is a disciplined form of multi-sector collaboration that has demonstrated powerful results on an array of tough community issues. This session offers participants an overview of the Collective Impact Framework and explore opportunities to frame a common agenda using the sustainable development goals as an example. **Presented by: Sylvia Cheu**



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Decolonizing Practices

9:30 am - 10:00 am, Thursday March 11th, 2021

Sessional description to follow. **Presented by: Jacqueline Jennings**

Healthy Transitions from Children to Youth, to Young Adults: The Need for Monitoring Indicators, Data Sharing, and Knowledge Translation

11:20 am - 11:45 am, Thursday March 11th, 2021

Childhood, adolescence and early adulthood are crucial transition periods in individuals' lives. While many children, youth and young adults face considerable life challenges, such as poor mental health, substance use, technology addictions, social isolation, bullying and violence, school dropout, unemployment, and homelessness, all exacerbated by the COVID-19 pandemic, others are flourishing and are increasingly engaged in society, science discovery, and entrepreneurship. Research shows that what determines the quality of a youth's transition to adulthood and their mental health is strongly related to their social environment, education and significant life experiences. Scattered, varied and incomplete data, poor data sharing, lack of local data that reflects the socio-cultural context of youths' lives and the lack of longitudinal data spanning the time period from adolescence to young adulthood limit the understanding of these determinants, their immediate and longer-term impacts and important points of transition. This knowledge is important for local community stakeholders such as Community Health Networks that need to assess where to intervene and evaluate the impact of social policies and programs. Moreover, the need for localized, comprehensive longitudinal data on youth has been amplified by the COVID-19 pandemic which has exacerbated many of the challenges faced by children, youth and young adults.

The aim of this keynote is to show strategies (i) to identify and monitor key indicators, (ii) to support data sharing through a dashboard, and (iii) to translate knowledge into actions to better serve youth and young adults on Vancouver Island. **Presented by: Dr. Frederick Grouzet**



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Breakout Session Descriptions

Thursday March 4th, 2021

Loosening the Vice: Considering decriminalization & other policies to save lives

Fuelled by an increasingly toxic illegal drug supply, 2020 was the deadliest year for overdose deaths in BC, with 1,176 fathers, mothers, sons, daughters, siblings and friends passing. COVID-19 has exacerbated the harms that a century of broken prohibition-based drug policies have wrought on people who use drugs and other marginalized communities, and there are growing calls for policy shifts such as safe supply and decriminalization. While it often seems an intractable problem, there are tangible, evidence-based steps we can take to reduce the harms of not only drug use, but drug policies themselves. This session will explore some of the systemic issues of drug policies and look at the steps available to all levels of government to make positive drug policy changes. **Presented by: Scott Bernstein & Dr. Lee Johnston**

Social Connection, Loneliness and Health

As stated by the Province of British Columbia, “social connections – including intergenerational connections – are an important part of healthy, active aging... Older people who are socially connected and participate in their communities are more likely to eat well, engage in physical activity, and feel good about themselves.”

As also identified by the province and health authorities, there are various potential obstacles when making social connection, such as: illness and disability, accessibility and proximity to services and activities, loss of family or friends, cultural alienation, perceived lack of social opportunities, avoiding social opportunities, anxieties around exploitation or rejection, and fear of losing “independence”, “youth” or “social identity”. To minimize these obstacles, various types of infrastructure and support systems need to be in place to facilitate one’s own aging process, to allow for quality of life, and where one may live with dignity and grace. The aspects of social connection, loneliness and health as we age will be further explored by our two speakers. **Presented by: Dr. Denise S. Cloutier & Andrew Moore**



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Mental Wellness & COVID-19: Why Nature Matters

This session will look at how the natural environments (whether embedded in our built environment or our connection to nature) affects our health. In the context of COVID-19 pandemic, how can we use our connection to nature to bolster our social resilience and mental well-being? This session will look at creative ways to green our built environment, reflect on the motivational psychology behind getting people out in nature, and showcase cutting edge research linking the positive impacts of nature on our well-being. We will collectively explore ways to implement green design and promote getting outside to nourish our mental health and well-being, during these pandemic times. **Presented by Jade Yehia & Dr. Frederick Grouzet**

Cowichan Housing First in Action

Housing First is a homeless assistance approach that prioritizes providing permanent housing to people experiencing homelessness, thus ending their homelessness and serving as a platform from which they can pursue personal goals and improve the quality of their life. This approach is guided by the belief that people need basic necessities like food and a place to live before attending to anything less critical, such as getting a job, budgeting properly, or attending to substance use issues. Bernie Pauly will share her knowledge and experience with Housing First. Her work and research focuses on reducing inequities related to substance use and homelessness. She is well known and recognized for her expertise in harm reduction. She has conducted research and contributed to provincial and national policies to guide harm reduction implementation in housing, shelters and other settings.

The COVID Pandemic has provided incredible opportunities to enact Housing First Principles and models in community. The Cowichan Valley has had incredible success with small family style shelter sites and hotel placements where individuals have been supported with wrap around services. Residents have stabilized and the positive outcomes are evident. Learn about the Cowichan approach and what worked from the COVID Temporary Housing Initiative and what is possible moving forward. **Presented by: Dr. Bernie Pauly, Mayor of Duncan Michelle Staples, & John Horn**



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Creating A Poverty Reduction Action Plan

Poverty is a classic example of a wicked problem – a social or cultural problem that is difficult or impossible to solve for as many as four reasons: incomplete or contradictory knowledge, the number of people and opinions involved, the large economic burden, and the interconnected nature of these problems with other problems.

The elimination of poverty was identified as Social Development Goal #1 in 2015, since this time Opportunity for All Canada's First Poverty Action Plan (2018) and Together BC Poverty Action Plan (2019) have been adopted in Canada and the province of BC. With the attention of Provincial and Federal governments, communities in BC have access to funding to create local Poverty Reduction Action Plans customized to their community needs and realities.

In this session find out how communities are using Collective Impact to work on wicked problems like Poverty Reduction. Hear how the Tamarack Institute is supporting these efforts and how the Alberni Clayoquot Health Network is leveraging their social capital to advance prosperity building work in their region. **Presented by: Jill Zacharias**

Reconciliation & Community Safety

In this session, the human side of law enforcement will be explored in the context of community safety, cultural humility, and what we can each do within a systems-based approach to connect. This will be a session organized in a round table, community-centred format with interaction and question and answer time interspersed throughout. **Presented by: Cpl Chris Voller**



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UNDRIP in Action: The Syeyutsus Journey

Nanaimo-Ladysmith Public Schools has been on a path of learning how to walk differently on Salish territory. With a background of the TRCC Calls to Action and the UNDRIP, the district has embarked on a Syeyutsus journey. This session tells the tale of a district's initial steps to become something different with the guidance of Indigenous knowledge keepers and committed leadership. And the opportunity to fall in love with hul'q'umi'num language. **Presented by: Ted Cadwallader**

COVID-19 Pandemic Dialogues: Building Resilience and a Just Recovery for All

In the spring of 2020, as many larger organizations began the process of writing "After Action Reviews" of the COVID-19 Pandemic the Comox Valley Community Health Network wondered who would be debriefing the people in our communities about their experiences so far? When we realized that it wasn't likely that the stories and experiences of most people would be included in these reports, we saw an opportunity to build community resilience and to activate our collective imaginations for a healthier future for people and for the planet.

With NewStories, we created the COVID-19 Community Conversations. These virtual dialogues are an opportunity to assess what happened, why it happened, and what could be done better. We hosted four of these debrief conversations in the Comox Valley between June and November of 2020. We are in the process of working with a number of groups to host more sessions. For each of our conversations we have prepared graphic reports of what we heard and included recommendations for organizations large and small to consider in their recovery plans. We're learning a lot and we would like to share our insights and our process with you. We think the Pandemic Dialogues could be really valuable to bring to other communities and workplaces who are building resilience and wanting to learn together from this wild journey so far. Especially as our pandemic fatigue increases and as we near our one-year pandemic-versary. **Presented by: Jenn Meilleur & Erica Crawford**



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Speaker Biographies

Territorial Acknowledgment & Opening Speakers



Dr. Richard Stanwick

Chief Medical Health Officer, Island Health

Dr. Richard Stanwick is currently the Chief Medical Health Officer for Island Health (Vancouver Island Health Authority), formerly the Capital Health Region, in Victoria. He was born in Winnipeg, Manitoba. He completed his medical school training and received his Fellowship in Pediatrics after training at the Winnipeg Children's Hospital. He did a Fellowship in Community Pediatrics at McGill University, where he also received his Master's Degree in Epidemiology and Health. On his return to Manitoba, Dr. Stanwick acquired his Fellowship in Community Medicine and rose to the rank of Full Professor at the University of Manitoba. He spent two years with the Province of Manitoba, including one as the Acting Provincial Epidemiologist. He became the Medical Officer of Health for the City of Winnipeg in 1990, a post he held for five years. He joined the Capital Regional District in September 1995 and the Capital Health Region, now known as Island Health, in April 1997.



Nick Chowdhury

Operations Coordinator, Da'naxda'xw/Awaetlala First Nation & Vancouver Island Representative, First Nations Health Council

Speaker biography to follow.



Christopher Bate

Executive Director, Eureka Support Society

Raised in the USA and in Manitoba, Chris Newell Bate currently lives in unceded K'omoks First Nation territory and is an enrolled member of Ardoch Algonquin First Nation near Ardoch, Ontario. He has worked in the fields of mental health and disability his entire working life. He currently provides support to an adult with multiple disabilities and he shares his home with dogs, Chester and Bob, a cat named Basil, and a garden snake named Elaine. He can give serious side-eye when required and does not understand blue M&M's.



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Keynote Speakers



Sylvia Cheuy

Consulting Director, Collective Impact, Tamarack Institute

Sylvia is a Consulting Director of the Tamarack Institute's Collective Impact Idea Area. She is passionate about community change and what becomes possible when residents and various sector leaders share an aspirational vision for their future. She believes that when the assets of residents and community are identified and connected, they become powerful drivers of community change. Sylvia completed her graduate diploma in Social Innovation at the

University of Waterloo in 2013 where she explored opportunities to reimagine regional food systems. Sylvia lives in Caledon Ontario with her husband, John Graham and their three children.



Dr. Frederick Grouzet

Associate Professor, Psychology Department, University of Victoria

Dr. Frederick Grouzet is Associate Professor of Social Psychology and Director of UVic Centre for Youth and Society (CFYS; uvic.ca/research/centres/youthsociety). His research focuses on motivation and self-regulation, mainly applied to mental health, transition to adulthood, public health messaging, social determinants of health, and ecological well-being. He has presented his research in national and international conferences, published in the most prestigious scientific journals, and co-edited the book "Self-regulation and autonomy: Social and developmental dimensions of human

conduct." His research has been funded by SSHRC grants and has served on many SSHRC Grant Adjudication committees. Since 2017, he directs the CFYS that aims to promote the well-being of children and youth (12-30 yrs) from diverse social, economic, and ethnic backgrounds, across developmental transitions, and in evolving societal circumstances. He leads and collaborative works with an interdisciplinary group of researchers and graduate students in multiple community-based research projects in partnership with community stakeholders. He is also member of various task forces, community tables, and community network, such as the CRD Community Health Network.



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Dr. Trevor Hancock

Professor & Senior Scholar (Retired), School of Public Health and Social Policy, University of Victoria

Dr. Trevor Hancock is a public health physician and health promotion consultant and before he retired in 2018 was a Professor and Senior Scholar at the School of Public Health and Social Policy at UVic. His career has been focused on population health promotion and public health, with a particular focus on health in cities and the links between human and ecosystem health.

He is one of the founders of the global Healthy Cities and Communities movement, and also co-founded both the Canadian Association of Physicians for the Environment and the Canadian Coalition for Green Health Care. From 2012 – 2015 he led the work that resulted in the CPHA report on the ecological determinants of health. He is much in demand across Canada and internationally as an author and public speaker and has served on numerous national and international expert panels. He was a Senior Editor on the Editorial Board of the Canadian Journal of Public Health from 2014 to 2018 and is a member of the Editorial Board of Cities and Health.

He writes a regular weekly column on population and public health for the Times Colonist, the daily newspaper in Victoria. He was made an Honorary Fellow of the UK's Faculty of Public Health in 2015 and in 2017 he was awarded the Defries Medal, the CPHA's highest award, presented for outstanding contributions in the broad field of public health.



Jacqueline Jennings

Founder & Lead Consultant, Jacqueline Jennings Consulting

Jacqueline Jennings is an entrepreneur coach, start-up consultant and group facilitator commonly referred to as Biz-Witch. She is most interested in learning about how we can get more done by doing less, how we can develop our intuition and instincts like any muscle in the body, how a leaders performance is directly impacted by how much they are willing to look at how they get in their own way and how everything we need to know to evolve, survive and thrive as the human race can probably be remembered by really looking at nature. Biomimicry, learning from elders, healing our boring stories, working with horses and waking up about intersectional feminist issues and decolonization are her current favourite topics of conversation. Based on the Sunshine Coast, raising a free range toddler, renovating and home and growing veggies, Jaqueline is currently working towards her vision of creating a world-class land-based retreat centre.



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Breakout Session Speakers



Scott Bernstein (MSc, JD)

Director of Policy, Canadian Drug Policy Coalition

Scott Bernstein (MSc, JD) is Director of Policy at the Canadian Drug Policy Coalition based in the Faculty of Health Sciences at Simon Fraser University. Prior to working at CDPC, Scott worked as a lawyer litigating human rights and charter cases on behalf of people who use drugs and was one of the lawyers on the Insite legal case. He leads CDPC's work on decriminalization, safe supply and legal regulation.



Ted Cadwallader

Director of Instruction, Indigenous Learning, & Indigenous Education, School District 68

Originally from the Kwagiulth village of Tsaxis on northern Vancouver Island, Ted Cadwallader is currently the Director of Instruction, Indigenous Learning for Nanaimo-Ladysmith Public Schools. Previous to that Ted was Provincial Director, Indigenous Education for the BC Ministry of Education. He is a lover of Indigenous languages, system change agent, storyteller and fireside guitar player.



Dr. Denise S. Cloutier

Professor and Graduate Advisor, Department of Geography & Research Fellow, Institute on Aging and Lifelong Health, University of Victoria

Denise Cloutier is a Full Professor in the Department of Geography, and a Research Affiliate with the Institute on Aging and Lifelong Health at the University of Victoria where she has been since 2001. As a health and social geographer, she is primarily interested in geographies of aging, ultimately in the 'continuum of care' for older adults. She aims to understand the trajectories (geographical, educational, occupational, relational, health and illness etc.) that influence the health and well-being of individuals. She is interested in integrated models of care that focus on issues such as continuity, availability, access and equity whether people live in their own homes in the community (e.g., housing, transportation, amenities, and services and urban/rural residence) or in facilities (e.g., assisted living and nursing homes).



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Erica Crawford

Community Planner, Facilitator, Counsellor

Erica Crawford is a community planner, facilitator and counsellor specializing in collaborative processes for building community resilience and climate change adaptation strategies. She focuses on awareness and capacity-building through multi-stakeholder planning processes. Erica's work in climate change adaptation led her to pursue training in somatic therapy, as she recognized the importance of addressing psycho-social dimensions of dealing with uncertainty and change, incorporating body-based methods. She has a Masters in Community and Regional Planning, is a co-founder of SHIFT Collaborative and a Registered Therapeutic Counsellor.



Dr. Frederick Grouzet

Associate Professor, Psychology Department, University of Victoria

Full biography available in **Keynote Speakers, page 15.**



John Horn

Executive Director, Cowichan Housing Association

John Horn is the Executive Director of the Cowichan Housing Association and has been the co-chair of the COVID Temporary Housing Initiative. John Horn is a Registered Professional Planner and a Member of the Canadian Institute of Planners. He holds a Bachelor of Arts Degree from Concordia University in Montreal, and a Graduate Diploma in Financial Management from the Association of Certified Chartered Accountants. He has been working on the issue of affordable housing since 2006 and has extensive experience bringing affordable housing projects from conception to completion. John brings to his work on affordable housing a 15 year career as a practicing, front line social worker which has provided him with a deep understanding of the non profit sector and how they support vulnerable populations. John is currently the Executive Director of the Cowichan Housing Association and the Chair of the Cowichan Housing and Homelessness Coalition. Born in Zimbabwe John emigrated to Canada as a young child and has made Vancouver Island his home since coming here.



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Dr. Lee Johnston

Project Manager, Broken Drug Policies: Dialogues for Systems Change, Canadian Drug Policy Coalition

Lee Johnston (PhD) is the Project Manager for Broken Drug Policies: Dialogues for Systems Change at the Canadian Drug Policy Coalition.

Prior to working at CDPC, Lee has managed and conducted research projects related to chronic disease prevention, multi-sectoral partnerships, and systems thinking for complex public health problems.



Jenn Meilleur

Executive Director, New Stories

Jenn Meilleur is the Executive Director of NewStories and is a member of the Comox Valley Community Health Network's Coordinating Circle. She is a systems change facilitator, sense-maker and strategist. Her passion is for cultivating bold, creative, and participatory leadership to create the conditions for happier, healthier, and more environmentally and socially just and resilient communities and workplaces. She has two decades of experience supporting and leading initiatives and collaborative networks at the intersections of social and environmental health and wellness, community development, organizational development, and systems change. Jenn finds her inspiration in nature on the unceded traditional lands and waters of the K'omoks Nation on what is known as Vancouver Island with her husband, two children, and many four-legged friends.



Andrew Moore

Architect & President, Canadian Senior Cohousing Association

Andrew Moore is an Architect who specializes in community development. He has worked extensively with all levels of government, the private sector and grass roots organizations in the UK, Canada and S. Africa. He has worked for the T'Sou-ke Nation for the last twelve years developing a comprehensive community plan and implementing many of their priority projects. He is president of Canadian Senior Cohousing Society, Founder member of Harbourside Seniors Cohousing and a member of Sooke Region Community Health Network assisting to develop the Sooke Seniors Complex consisting of a Seniors Centre and 79 affordable elders rental housing accommodation.



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Dr. Bernie Pauly

Professor, School of Nursing, University of Victoria & Current Island Health Scholar in Residence

Dr. Bernie Pauly is a Professor of Nursing at the University of Victoria and a Scientist with the Canadian Institute for Substance Use Research. She is the current Island Health Scholar in Residence. Her work and research focuses on reducing inequities related to substance use and homelessness. She is well known and recognized for her expertise in harm reduction. She has conducted research and contributed to provincial and national policies to guide harm reduction implementation in housing, shelters and other settings.



Mayor Michelle Staples

Mayor of the City of Duncan, British Columbia

Michelle Staples is the Mayor of the City of Duncan and has been the co-chair of the COVID Temporary Housing Initiative. Michelle Staples is a long-term Cowichan Valley resident, a mother and self-employed entrepreneur with a long history of bringing people together on projects that are important to the Cowichan Valley. Michelle Staples was first 2018, Michelle Staples became the first female Mayor for the City of Duncan. Michelle believes that decisions of Council must be made keeping in mind that every decision made impacts the land and its resources and leaves a legacy that will effect generations to come. Development must be done in ways that support the highest vision the City of Duncan can create for itself and Council must always be accountable for its decisions and how they affect the lives and wellbeing of the people we serve. Michelle previously worked as a part time executive director and a private contractor in community development and she is currently, slowly working towards a Masters in Integrated Studies focused on Community Development and Social Justice.



Corporal Chris Voller

Officer, Royal Canadian Mounted Police (RMCP)

Corporal Chris Voller is known in the community for promoting the principles of cultural safety and reconciliation in the field of policing. His work in Port Hardy reflected a personal ethos that advanced the perception and relationship of law enforcement in community. Cpl Voller completed his posting in Port Hardy in October of 2020 after nearly a decade on the North Island, and is currently working out of Quadra Island Detachment.



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Jade Yehia, CPHI(C)

Regional Built Environment Consultant, Island Health

Jade Yehia is a specialist with degrees in Environmental Health, Human Geography, and a Master of Science (MSc) in the field of Health Impact Assessment. For the past eleven years, she has been working in the Health Protection & Environmental Services departments with the BC Regional Health Authorities. Her work focuses on ways of bringing a health lens to land-use planning. Jade has led Island Health's – Healthy Built Environments program, and her work includes topics such as, Housing, Transportation, Climate Change Adaptation, to name but a few, both internally across Island Health portfolios and externally with local government and community partners. She is passionate about creating healthier communities for all and loves to sing, dance, play, especially in a park or at the farmers markets with her wee lil three-year-old.



Jill Zacharias

BC Manager of Growth & Impact, Cities Reducing Poverty, Vibrant Communities, Tamarack Institute

Jill has recently joined the Vibrant Communities team as the BC Manager of Growth and Impact, Cities Reducing Poverty. Jill brings extensive experience in municipal government, social planning and poverty reduction, and has worked closely with Tamarack as a CRP member and as chair of the BC Community of Practice on Poverty Reduction.

Jill became interested in social sustainability while completing her Post-Baccalaureate Diploma in Community Economic Development (CED) from Simon Fraser University (2006). For over a decade, Jill worked for the City of Revelstoke CED Department as social development coordinator. This involved working with community partners and all levels of government to build community capacity to address a broad range of community-wide social issues, from supporting youth to addressing poverty. Poverty reduction became a primary focus in 2012, and in 2019 the Revelstoke poverty reduction working group transitioned to Collective Impact.

Jill views social sustainability as both the most complex and least understood aspect of society, yet most critical to the overall health and well-being of communities. Jill has presented on a variety of social planning topics at regional, provincial and national venues. Living in Revelstoke BC, Jill retains a passion for the outdoors and mountain lifestyle, balancing work with skiing, hiking, camping and playing music.



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Community Health Networks

Sooke Region Health Network

The Sooke Region Communities Health Network (SRCHN) is a cooperative non-profit organization with charitable status with a vision to create healthy thriving communities within the Sooke Region. Its mission is to support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone.

Website: www.sookeregionchn.org

Contact: Christine Bossi, srchn@sookeregion.com, 778-365-1878



Regional Outcomes Monitoring CHN

The Regional Outcomes Monitoring (ROM) Collaborative is a voluntary multi-sectoral group working to inform community health and wellbeing policies, program planning and decision-making in the capital region through ongoing collection, consolidation and analysis of regional data. The ROM is operating as a Community Health Network (CHN) for the Capital Regional District.

Website: www.crd.bc.ca/project/community-health-wellbeing

Contact: Amanda Ng, ang@crd.bc.ca, 250-360-3174



Our Cowichan Communities Health Network

Our Cowichan Communities Health Network is made up of local health organizations, non-profit societies, volunteer groups and government representatives. Our vision is for all people of Cowichan communities to be able to enjoy health and wellbeing. Our mission is to be a collaborative network of organizations and individuals who facilitate dialogue, learn, share information and generate action on the 12 determinants of health. Considering the whole picture, we lead change to improve health and wellness outcomes.

Website: www.ourchn.ca

Contact: Cindy Lise, cindylisecchn@shaw.ca, 250-709-5062



Oceanside Health & Wellness Network

OHWN is committed to working together to enhance the health and well-being of Oceanside residents with a focus on the determinants of health. We work collaboratively and take collective action on strategic priorities. Our shared vision is to respectfully work together to advance the health and wellbeing of the population of Oceanside. By addressing factors that influence health and other complex issues that would benefit from collaboration, we can speak as one voice on these issues.

Website: www.rdn.bc.ca/oceanside-health-and-wellness-network

Contact: Jane Vinet, info.ohwn@gmail.com, 250-739-1755



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Alberni Clayoquot Health Network

The purpose of the ACHN is to network like-minded organizations, agencies, and networks working to improve community health. We aim to “network the networks” to better support the work you are already doing. We aim to provide supports and capacity to systems enabling us to work more effectively as a region, where no centralised leadership exists. We have committed to taking a convening role to move forward planning and implementation activities. Using a collective impact framework to identify our role for the work in which we engage, we are continuously scanning for opportunities to support, convene and increase capacity to impactful initiatives in our region.



Website: www.achn.ca

Contact: Marcie DeWitt, achn@acrd.bc.ca, 250-726-5019

Comox Valley Community Health Network

The Comox Valley Community Health Network is a community-driven network that facilitates collective action to positively impact the social determinants of health in the Comox Valley. We believe a healthy, sustainable, resilient community is a shared responsibility.



Website: www.cvchn.ca

Contact: Network Facilitator, Lindsay McGinn, info@cvchn.ca 250-650-5819

Strathcona Community Health Network

The Strathcona Community Health Network is an intersectoral collaborative partnership that works to address health and well-being upstream, focusing on root causes before people get sick. Our aim is to address the social determinants of health at a systems level. Importantly, the Health Network is not involved in looking at deficiencies of health services. The work of the Health Network is directed by a cross-sectoral group called the Table of Partners.



Website: www.strathcona-chn.net

Contact: Libby King, king@srd.ca, 778-348-0762

Mount Waddington Health Network

The Mount Waddington Health Network is a group of invested, caring people and organizations who work together to strategize ways to make our people and communities healthier. We do this collaboratively, with a focus on cultural safety and humility. From leads of organizations to the most vulnerable in society, everyone has an equal voice at our table and in our planning. Our vision is “healthy people, healthy communities”, and our mission is to advocate for programs and policy changes that will improve the health status of our area residents, and reduce or eliminate health inequities for all people.



Website: www.mwhn.ca

Contact: Angela Smith, coordinator@mwhn.ca, 250-902-9015



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