

4.0 New Business:

- 4.1 Introduction of topic – Mental Health and Addictions – short presentation to provide background to this topic and information to help you contribute to the discussion.
- 4.2 Questions – (post it note exercise)
 - What does mental health mean to you? What does the issue of addictions mean to you?
 - How do you see issues of mental health and addictions in your community? (populations impacted, resources available, what’s working well, challenges)
- 4.3 In small groups, LHIG members discussed the following questions:
 - Access to mental health services when needed (especially in the community when someone’s condition is not acute)
 - What are barriers to accessing mental health services when someone has both a mental health issue and an addiction? Are the barriers related to severity of mental health concerns?
 - What are your ideas of how we can support people better to access mental health care?
 - What is the role of family/friends, your community, and the WRHA?
 - Are there certain transition points where navigation is more difficult? Are there navigation issues related to co-occurring disorders (mental health issue and addiction)?
 - What are your ideas of how we can support people better for smoother transitions between parts of their journey? What is the role of family/friends, your community, and the WRHA?
- 4.4 Small groups debriefed and input was recorded on a mind map.
- 4.5 Staff shared next steps of exploring the topic.

5.0 Other business:

- 5.1 Co-Chairs for this year of meetings:
Moteded by Mohamed Behi Seconded by Rose Marsden
That Allen Mankewich and Barbara Scheuneman serve as Co-Chairs for the Downtown and Point Douglas LHIG for 2018-19
- 5.2 Ideas for future topics – Staff happy to receive your ideas at meetings and by email.
- 5.3 WRHA – Annual General Meeting -- Tuesday, October 30th @St Boniface Hospital Asper Research Institute – from 12:00noon to 1:00pm. Staff will reimburse parking cost – keep your receipt if you attend.
- 5.4 Staff will set up a conference call for those LHIG members who weren’t at the meeting tonight to get their input on the questions. (Laura, Linda, Susan, and Anna participated on a conference call on October 23, 2018)
- 5.5 Meeting evaluations were completed.

6.0 The meeting was adjourned at 8:00pm.