



#### **4.0 Business Arising:**

4.1 Update on Mental Health and Addictions Report – the report will be presented to the Board on Tuesday, January 22. Colleen is looking for co-chairs to help present.

#### **5.0 New Business:**

5.1 New topic – Mental Health Promotion – presentation by Monique Popp.

5.2 Questions for feedback

5.2.1 What promotes good mental health?

5.2.2 In your neighbourhood, what attributes and resources do you see that promote good mental health? (i.e. protective factors)

5.2.3 In your neighbourhood, what challenges do you see that put good mental health at risk? (i.e. risk factors)

5.2.4 What are the most significant equity issues in your neighbourhood (income, housing, education, social networks, employment, safety, etc.)?

5.2.5 Given that those equity issues will impact peoples' ability to access resources, environments, etc. that promote positive mental health – do you have ideas of how we can address those equity issues and enable people to seek (and access) opportunities to improve their mental health? Describe a healthy community/neighbourhood that promotes good mental health. What attributes and resources would there be?

5.3 Next steps – second meeting on Mental Health Promotion that will focus on how mental health promotion can be integrated into the health care system.

#### **6.0 Other business:**

6.1 LHIG members were asked to share their ideas for future topics

6.2 Feedback/use of input from the LHIGs – Colleen shared that a working group is being developed to develop tools and processes to improve the patient journey (from insights and recommendations in the Patient Journey Report)

6.3 Date for next meeting – Wednesday, March 20, 2019.

6.4 Meeting evaluations were completed.

7.0 The meeting was adjourned at 8:00pm.