



River Heights and Fort Garry LOCAL HEALTH INVOLVEMENT GROUP

DATE: **Tuesday, October 2, 2018**
TIME: 5:30pm dinner, 6:00pm meeting started (LHIG decided on later start time)
PLACE: **Access Fort Garry – 135 Plaza Drive**

PRESENT: LHIG Members:

Deloris Ankrom
Sarah Gravelines
Lola Iyogan
Becky Lett
Gloria Matskiw
John Milne
Ernie Schade
Alexander Segall
Stephanie Sinclair
Bob Thompson
Katrina Tinman
Ashley Volpi
Bill Wickstrom

WRHA Staff and Volunteer Support to LHIGs

Heather Forrest, Director, Mental Health Operations, WRHA
Dana Rudy, Community Area Director
Colleen Schneider, LHIG Manager
Shannon Stefanson, WRHA Board Member
Joanne Warkentin, Regional Director, Mental Health, WRHA

Regrets:

Carly Sallows-Harrie
Ray Troughton

1.0 Call To Order

Colleen called the meeting to order at 5:50pm. Members introduced themselves and participated in an ice-breaker.

2.0 Agenda – October 2, 2018

Moved by Gloria Matskiw Seconded by Deloris Ankrom
RESOLVED THAT the agenda of October 2, 2018 be approved as circulated.

4.0 Minutes – March 7, 2018

Moved by Deloris Ankrom

Seconded by Katrina Tinman

RESOLVED THAT the minutes of March 7, 2018 be approved as circulated.

5.0 New Business:

5.1 Introduction of topic – Mental Health and Addictions – short presentation to provide background to this topic and information to help you contribute to the discussion.

5.2 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)

5.3 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?

5.4 Small groups debriefed and input was recorded on a mind map.

5.5 Staff shared next steps of exploring the topic.

6.0 Other business:

6.1 Co-Chairs for this year of meetings:

Motioned by Bob Thompson

Seconded by John Milne

That Lola Iyogan, Becky Lett, and Ashley Volpi serve as Co-Chairs for the River Heights and Fort Garry LHIG for 2018-19

6.2 Ideas for future topics – Staff happy to receive your ideas at meetings and by email.

6.3 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.

6.4 Meeting evaluations were completed.

7.0 The meeting was adjourned at 8:15pm.