

**River Heights and Fort Garry  
LOCAL HEALTH INVOLVEMENT GROUP**

**DATE:** Tuesday, January 15, 2019  
**TIME:** 5:30pm dinner, 6:00pm meeting started (LHIG decided on later start time)  
**PLACE:** Riverview Health Centre – One Morley Avenue  
**PRESENT:** **LHIG Members:**  
Deloris Ankrom  
Sarah Gravelines  
Lola Iyogun  
Becky Lett  
Stephanie Sinclair  
Bob Thompson  
Katrina Tinman

**WRHA Staff and Volunteer Support to LHIGs**

Natalie Imbrogno, Team Manager, Community Mental Health (RH/FG)  
Julie-Anne McCarthy, Mental Health Program Specialist  
Monique Popp, Mental Health Initiatives Lead, WRHA  
Colleen Schneider, LHIG Manager

**Regrets:**

Gloria Matskiw  
John Milne  
Carly Sallows-Harrie  
Ernie Schade  
Alexander Segall  
Ashley Volpi  
Bill Wickstrom

**1.0 Call To Order**

Lola called the meeting to order at 5:45pm. Members introduced themselves and participated in an ice-breaker.

**2.0 Agenda – January 15, 2019**

Moved by Sarah Gravelines Seconded by Katrina Tinman  
RESOLVED THAT the agenda of November 5, 2018 be approved as circulated.

**3.0 Minutes – November 5, 2018**

Moved by Becky Lett Seconded by Lola Iyogun  
RESOLVED THAT the minutes of November 5, 2018 be approved as circulated.

#### **4.0 New Business:**

- 4.1 New topic – Mental Health Promotion – presentation by Monique Popp.
- 4.2 Questions for feedback
  - 4.2.1 What promotes good mental health?
  - 4.2.2 In your neighbourhood, what attributes and resources do you see that promote good mental health? (i.e. protective factors)
  - 4.2.3 In your neighbourhood, what challenges do you see that put good mental health at risk? (i.e. risk factors)
  - 4.2.4 What are the most significant equity issues in your neighbourhood (income, housing, education, social networks, employment, safety, etc.)?
  - 4.2.5 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?
- 4.3 Next steps – second meeting on Mental Health Promotion that will focus on how mental health promotion can be integrated into the health care system.

#### **5.0 Other business:**

- 5.1 LHIG members were asked to share their ideas for future topics
- 5.2 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)
- 5.3 Date for next meeting – Tuesday, March 12, 2019.
- 5.4 Meeting evaluations were completed.

**6.0** The meeting was adjourned at 8:07pm.