



St Boniface and St Vital LOCAL HEALTH INVOLVEMENT GROUP

DATE: Tuesday, January 22, 2019
TIME: 5:30pm dinner, 5:45pm meeting began
PLACE: Access St Boniface – 170 Goulet Street

PRESENT: **LHIG Members:**
Melanie Allard
Chris Ashley
Helene Beauchemin
Caroline Boissonneault
Judy Kidd
Martin Landy
Cathy Laviolette
Heather Martin
Pedro Proano
Deanna Waters
Michael Wedin

WRHA Support Staff and Volunteers to LHIGs:
Monique Constant, Community Area Director StB/StV
Julie-Anne McCarthy, Mental Health Program Specialist
Colleen Schneider, LHIG Manager

Regrets:
Adekanmi Akinade
Laura Csuzdi
Yves Hacault
Sarah McGimpsey

- 1.0 Call To Order**
Deanna called the meeting to order at 5:47pm. Members introduced themselves and participated in an ice-breaker.

- 2.0 Agenda – January 20, 2019**
Moved by Chris Ashley Seconded by Judy Kidd
RESOLVED THAT the agenda of be approved as circulated.

- 3.0 Minutes – November 20, 2018**
Moved by Cathy Laviolette Seconded by Judy Kidd
RESOLVED THAT the minutes of November 20, 2018 be approved as circulated.

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. Joseph and Birgit volunteered.

5.0 New Business:

- 5.1 New topic – Mental Health Promotion – presentation by Julie-Anne McCarthy.
- 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 – Monday, March 11, 2019.
- 6.4 Meeting evaluations were completed.

- 7.0 The meeting was adjourned at 8:06pm.