



#### **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:

Motioned by Rosie Balbuena

Seconded by Maggie Dominowski

That Walter Murray, Hicham Bagui, and Gurleen Aulakh serve as Co-Chairs for the Seven Oaks and Inkster LHIG for 2018-19

5.2 Ideas for future topics – members shared some ideas for future topics

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 Meeting evaluations were completed.

6.0 The meeting was adjourned at 7:50pm.