



Seven Oaks and Inkster LOCAL HEALTH INVOLVEMENT GROUP

DATE: Thursday, January 24, 2019
TIME: 5:15pm dinner, 5:30 meeting started
PLACE: Seven Oaks Health and Social Services – 3-1050 Leila Ave.

PRESENT: LHIG Members:

Gurleen Aulakh
Hicham Bagui
Rose Baker
Rose Balbuena
Rita Costa
Abigail Legaspi
Walter Murray
Victoria Ponomets
Jay Punji
Cheryl Rajfur

WRHA Support to LHIGs

Monique Popp, Mental Health Initiatives Lead
Colleen Schneider, Manager, LHIGs
Pat Younger, Community Area Director

Regrets

Harvin Brar
Margaret Dominowski

1.0 Call To Order

Gurleen Aulakh called the meeting to order at 5:48pm. Members introduced themselves and participated in an ice-breaker.

2.0 Agenda – January 24, 2019

Moved by Walter Murray Seconded by Cheryl Rajfur
RESOLVED THAT the agenda of January 24, 2019 be approved as circulated.

3.0 Minutes – November 15, 2018

Moved by Rita Costa Seconded by Cheryl Rajfur
RESOLVED THAT the minutes of November 15, 2018 be approved as circulated

4.0 Business Arising:

- 4.1 Update on Mental Health and Addictions Report – the report was presented to the Board on Tuesday, January 22.

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 – Thursday, March 14, 2019.
- 6.4 Meeting evaluations were completed.

7.0 The meeting was adjourned at 7:35pm.