Virtual Groups meeting. Sharing tips, policies, guidelines, facilitation, privacy, etc.

KELOWNA (Ben)

* Created a disclaimer re: confidentiality. Sent it out broadly.
* Encouraged everyone to use group chat
* Group charter reviewed at start of every session
* This is new territory for lots of people. Ben sent to Dale (and can share) initial email about what kind of messaging is sent to groups. Nina will save this on shared Centres website

CAMPBELL RIVER

* LGBTQ2S+ group using virtual. Facilitated using pre-screening questions to make sure they are in a safe place, are using headphones and chat function so no one else can hear discussion. Group run through Zoom and also use app called Discord for chat.
* Also, Gay Straight Alliance GSA clubs that are not currently available in schools will be available virtually starting next week.

ABBOTSFORD (Laurel)

* Most groups were already running pre-COVID, but still went over confidentiality, etc. Had to use invite and password to get in.
* Given option of having video on or off - especially during Mindfulness activities so they had privacy for relaxation.
* Virtual book club. Listen to audio book together and discuss
* Sharing recipes and send supplies so can baking cookies together virtually

PRINCE GEORGE TEAM

* CBT group has moved from in-person to online. Tired different platforms but have landed on MS Teams.
* Received funding from a grant to provide meals and transportation funding to attend groups, so instead that funding is now being used to provide youth with gift cards they can use for meals
* Friday night youth group peer support. Watch movies together and discuss together
* Developing book club
* Online platform to play dungeons and dragons virtually
* Parenting Attachment Program using Zoom
* EFFT caregiver workshops modified to offer virtually
* Currently asking youth about Smart Recovery Group and checking if they’d attend it virtually or not
* Healthy Relationships Group: usually very interactive, so will have to think of ways to make changes to adapt virtually and keep them interacting
* Caregiver Workshop: Have parents starting in June watch the webinars that Natasha has recorded (4-parts) and then next week have virtual session to discuss and provide additional info. Having homework helps engage people, accountability. Prefers Zoom because of Gallery view. See each other adds to social connection.
* good to know what device people are using (laptop, phone, tablet) so know how best to direct them to resources.
* Group norms: transition to virtual has been challenging. Good discussion around group norms. Eg. group norm of “don’t interrupt” is challenge virtually. Tried muting all but didn’t work well. Decided on “raised hand” feature.
* Find that if group had pre-existing relationship it’s easier to transition to virtual, but starting a new group without pre-existing relationships is very challenging.
* Other adaptation: send package of CBT info sent beforehand rather than during discussion

RIDGE MEADOWS

* No groups yet but maybe LGBTQ2S+ group starting soon

VANCOUVER-GRANVILLE

Psychiatric group is virtual

Rehabilitation social groups are virtual

Zoom being used. Staff found it useful because of gallery, and for many youth important to have the option to turn video off.

Thinking about when clinic reopens and if will still use these platforms probably will.

PENTICTON

Groups just getting started.

* Family Support Group. Consistent group of folks. Was pre-existing so has trust and relationship before COVID. Some people have dropped out because found it was not as beneficial as in-person. Have some ideas for reaching out into the community and making more connections spreading word of support group
* COPING WTH COVID youth support group to talk about COVID and anxiety and depression. New folks. Not much interest in lower age, but yes in older group of youth. Using Zoom (password protected). Have a group charter
* PEER SUPPORT trying out many new programs: yoga videos, art expressions, fitness, cooking (buy and distribute ingredients and do online cooking).
* Partnership with district arts council to put together 200 art supply packs to distribute through school district hampers and then collectively use package to do online art projects. Will try out over next couple of weeks and keep it going over summer.
* Lots of requests for art workshops. Feedback from youth that like that they can do art for themselves with the option of sharing. Virtually, you don’t have to share & some youth not always comfortable sharing art

Tam: where possible, keep groups running, especially support groups. Offer diversity in how connection happens (chat, conference calls, video chats). Don’t lose momentum. OGYAC doing great work through social. Provincial ambassadors great work. Building family profile through social media. Many families also engaging through virtual care, including phone calls

Planning for when restrictions lifted: What are priorities? How do we work together?

* Majority would like next NKE call to focus directly on this, after we have a better understanding of what has been announced by government, and then add it as a standing agenda item to review challenges as they come up moving forward
* Appreciated the FCO clear direction around expectations when COVID first started, and would appreciate this again as restrictions are lifted.
* Pragmatic concerns: would love to open doors, but how do we do this if we have no access to cleaning supplies?
* FVG has been open because offer primary care, so have been open. Having discussions about how to run groups in future. Waiting to see what Gov’t recommends, but starting preliminary discussions about what groups look like in future on site
* Campbell River: waiting to see what we find out today and how to respond. How do we make front lobby safer for social distancing? Also run adult homelessness program out of same office.