

## Wellness Program Community of Practice\_ Kickoff Meeting Minutes

Date: Thursday September 15, 2022, 10-1100 am

**Participants:**

Matt Wenger	P	Jennifer Affolder	P	Connie Berrios	P	Alicia Erenli	R	Alison Ivan	R	Angie Prescott	R
Caitlin Anderson	R	Donna Fullerton	R	Kim Conroy	R	M Franklin	R	Nikolett Baan	P	Tania Wicken	P
Carmen De Menech	R	Georgia Dow	P	Krista Germyn	R	Melisa Edgerly	R	Rachel Andor	R	Terry Bulych	R
Chris Bennett	R	Greg Loo	R	Laura Laframboise	R	Melissa Cailleaux	R	Ricki Justice	R		
CJ LeBlanc	R	Joanne Stephen	P	Lauren Jarvis	R	Natalie Meredith	R	Sandra Karac	R		
Dana Fog	R	Karen Lavoie	R	Lyn Heineman	R	Nicole Clarke	P	Tamiko Keating	R		

Agenda Item	Discussion	Action Items
<b>Reminders/ Updates</b>		
1. Introduction and Centre implementation stage with Wellness Program	<ul style="list-style-type: none"> <li>• Jennifer- Foundry Wellness program Coordinator – consulting based, office hours usually Mondays and Fridays.</li> <li>• Matt-Service Implementation specialist –Foundry Central Office (FCO) Wellness Program, Work and Education program and Peer Support Program.</li> <li>• Joanne- Foundry Terrace- Youth Peer Support junior coordinator               <ul style="list-style-type: none"> <li>○ Program very new- Implemented a few activities so far.</li> </ul> </li> <li>• Nicole- Foundry Abbotsford- Youth Family Engagement coordinator               <ul style="list-style-type: none"> <li>○ Program has been running for over 4 years</li> <li>○ Funding from Morris (started 3 years ago) and now also funded by BC Parks program- Health by Nature.</li> <li>○ Program also provides outreach to communities with peer support workers.</li> </ul> </li> <li>• Connie- FCO evaluation specialist -assists with evaluation of programs.</li> <li>• Nikolett- Foundry Victoria- Operations Manager               <ul style="list-style-type: none"> <li>○ Slow relaunch of the program- Outdoor activities and yoga program for the Fall.</li> <li>○ Funded by Power to be.</li> </ul> </li> <li>• Georgia and Kim - Foundry Sea-to-Sky (Squamish)- Wellness program youth supports               <ul style="list-style-type: none"> <li>○ Interim programming as they wait for centres to be built.</li> <li>○ Lots of outdoor activities.</li> </ul> </li> </ul>	

<p>2. Intent and format of COP</p>	<ul style="list-style-type: none"> <li>• Audience: <ul style="list-style-type: none"> <li>○ All staff that are running the Wellness program at the centres.</li> </ul> </li> <li>• Intent: <ul style="list-style-type: none"> <li>○ To provide support to staff that are running the program in all levels, with leadership training and development.</li> <li>○ To provide operational support by sharing practical tools: <ul style="list-style-type: none"> <li>▪ How to design and build a program</li> <li>▪ How to access partnerships, etc.</li> </ul> </li> </ul> </li> <li>• Frequency: once per months for one hour <ul style="list-style-type: none"> <li>○ Future meeting times → to be determined.</li> </ul> </li> <li>• First 30 minutes - updates or specific training topics</li> <li>• Second 30 minutes- sharing experiences between centres.</li> </ul>	<ul style="list-style-type: none"> <li>• Send out Survey Monkey to determine recurring meeting dates/ times.</li> <li>• Please encourage the centre staff that are running the program to join the community of practice.</li> </ul>
<p>3. Goal or other interests for COP</p>	<ul style="list-style-type: none"> <li>• <b>Looking to this group for feedback from their staff → their needs to run the programs.</b> <ul style="list-style-type: none"> <li>○ Training → further training regarding facilitating group activities and program development.</li> <li>○ Hands on support → program development and facilitation assistance.</li> <li>○ Story sharing → details of staffing protocol of each program and activities</li> <li>○ Program implementation guidance → ie. How to include therapeutic component to the programming?</li> <li>○ Risk management → Navigating youth with concerning or oversharing behaviours,</li> <li>○ Mitigating program operation barriers → for examples, registration for drop-in sessions and transportation as well as crisis prevention.</li> <li>○ Understanding the needs of specific demographics (ie. LGBTQ+) between the communities and age groups.</li> <li>○ Promoting the program → communication channels/ options between in person and virtual programming.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Jennifer can support training with group leadership and facilitation.</li> <li>• Power to be → facilitated workshop how to run outdoor program as well.</li> </ul>
<p>4. Program Guide</p>	<p>Link to the document: <a href="https://foundrybc.ca/wp-content/uploads/2021/11/SERV_WellnessProgramGuide_20211123.pdf">https://foundrybc.ca/wp-content/uploads/2021/11/SERV_WellnessProgramGuide_20211123.pdf</a>  Password: Wellness</p> <ul style="list-style-type: none"> <li>• Purpose: <ul style="list-style-type: none"> <li>○ Curriculum for Wellness Program at Foundry → Different domains of wellness.</li> <li>○ Practical toolkit (Tools/Resources) → provide links directly to things you need for program operations. <ul style="list-style-type: none"> <li>▪ Anyone can access the resources and tools quickly.</li> </ul> </li> <li>○ Constantly revolving at the FCO level as well as centre level.</li> </ul> </li> <li>• Tool: <ul style="list-style-type: none"> <li>○ Samples and Templates of what has been done previously at other centres.</li> <li>○ Examples: <ul style="list-style-type: none"> <li>▪ Tools to build community partnerships</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• If there is anything you need but can't find in the Tool/ resources section. Please reach out to Jennifer.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Tools to run outdoor activities</li> </ul>	
5. What's ahead?	<ul style="list-style-type: none"> <li>• October- Community partnership</li> <li>• November- Evaluation framework → presentation by youth feedback evaluator</li> </ul>	
6. YMCA partnership	<ul style="list-style-type: none"> <li>• YMCA → providing access to youth and families a 3 month pass for free to tryout YMCA services. <ul style="list-style-type: none"> <li>○ Youth and families anywhere in the province that is linked to a Foundry service can apply.</li> <li>○ Fitness programming such as - one to one training and aquafit.</li> <li>○ Main goal is to support youth set physical fitness goals amongst others.</li> </ul> </li> <li>• FCO will promote this partnership via central communication channel as well.</li> <li>• YMCA centres provide different services at different location. Please check out their website to find list of services.</li> </ul>	<ul style="list-style-type: none"> <li>• Jennifer to share more details on how to access this program via email.</li> </ul>
<b>Clinical Discussions and Knowledge Exchange</b>		
1. Success & Barriers	<ul style="list-style-type: none"> <li>• Abbotsford – Program is very successful – gaining attraction <ul style="list-style-type: none"> <li>○ The program looks at how to improve different areas of wellness.</li> <li>○ Have more success with age group 18 to 24 → most desired to receive connection.</li> <li>○ Have more difficulty connecting with age group 12 to 16 → Tried to run some activities but low turn-out. Not worth the budget or time. <ul style="list-style-type: none"> <li>▪ Trying to connect with the community to promote the program.</li> </ul> </li> <li>○ Drop-in and one-on-one programs work wonderfully. <ul style="list-style-type: none"> <li>▪ Programs that require longer time commitment (more than one session) don't respond well with youth.</li> </ul> </li> <li>○ Outdoor program- lots of growing and learning.</li> </ul> </li> <li>• Terrace- received opposite experience. <ul style="list-style-type: none"> <li>○ Great turn out for age group 12-16 but not much in 16-24 age range.</li> <li>○ Younger group have a Games group.</li> <li>○ Have connected with the college. Hope to connect with more young adults.</li> <li>○ Slightly lower attendance in the summer overall.</li> </ul> </li> <li>• Sea to Sky- service a lot of younger age group. <ul style="list-style-type: none"> <li>○ Not many colleges up in Squamish area.</li> <li>○ Activities are heavily outdoor or virtually based → skiing, hiking, mountain biking or virtual meetings at the youth hub.</li> </ul> </li> <li>• Victoria- experience staffing and spacing challenges over the summer. <ul style="list-style-type: none"> <li>○ Hope to be fully staffed soon. → currently imbedded a few roles to do this work.</li> <li>○ Fall program → Yoga → someone agreed to share their yoga studio.</li> </ul> </li> </ul>	