

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

Chair: Sherry Thompson

Join This Zoom Meeting

<https://zoom.us/j/98378331247?pwd=VzE1TnluNXl5YWRTbnI5MmM3Wk43Zz09>

Meeting ID: 983 7833 1247

Passcode: 156997

Meetings are held every month on the Third Tuesday of the month, until December 17, 2024:

Apr 16, 2024 01:00 PM May 21, 2024 01:00 PM Jun 18, 2024 01:00 PM Jul 16, 2024
01:00 PM Aug 20, 2024 01:00 PM Sep 17, 2024 01:00 PM Oct 15, 2024 01:00 PM
Nov 19, 2024 01:00 PM Dec 17, 2024 01:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system, if the google app did not already update your calendar.

Monthly: https://zoom.us/meeting/tJwucOGrrTooHtNuLOQ0qQ0ZuDQtnmIV37Ss/ics?icsToken=98tyKuCgrTwiGdeUsh2ARow-A4_CWenztn5BgrdziTPKMnBCU1PMI8ZzJrxyOe6D

Meeting ID: 983 7833 1247

Passcode: 156997

One tap mobile

+13602095623,,98378331247#,,, *156997# US

+13863475053,,98378331247#,,, *156997# US

Meeting ID: 983 7833 1247

Passcode: 156997

Find your local number: <https://zoom.us/u/aANX7mSGm>

	Agenda Item	Presenter	Time
--	-------------	-----------	------

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

1	Welcome and introduction of any first time participants	Sherry	1
2	Recognition of Unceded First Nations Territory and Quick Summary of Values <i>We acknowledge that we work, live and play on the traditional Unceded lands of the Coast Salish peoples and are grateful to our local First Nations, Snaw-Naw-As and Kwakwaka'wakw for their careful stewardship of these precious lands and waters. We respect and acknowledge all First Nations, Metis, Inuit and other Indigenous residents of Oceanside for their many contributions to the health and well-being of our community.</i>	Jewelz	2
3	Updates from our elected representatives: MP, Gord Johns; MLA, Adam Walker; Parksville Mayor or Councillors ; Qualicum Beach Mayor or Councillors; RDN Chair or Directors; or their delegates, if they are able to participate. Update from our MHO or representative.	Representatives	10
4.	Review and Approval of Agenda, Any Additions to the Agenda? And Minutes? ➤ Volunteers are Welcome as an additional Co-Chair or Steering Committee Member.	Sherry	2
5.	Featured Presentation: Ron Merk, Chair of Port Alberni CAT will present their report on Solving the Poisoned Drug Crisis in the Alberni Valley and next steps toward change!! The report is attached to the agenda. This is the talk you were asking for!!!	Ron Merk, Chair of Port Alberni	
6.	Vote on whether to adopt the Port Alberni plan as our Oceanside Plan and to add our logo and CAT to the document, demonstrating our support		
7.	Update on Treatment Centre progress - Fourth and Final reading? - Renovation Plans and possible launch schedule?	Lesley Howie Elizabeth Driver Carly Tripe	
8.	Risebridge Black Balloon Day and Outreach Support in Oceanside - Jovan Johnson will provide an update on progress toward funding their outreach work in Oceanside and their new local office, and next steps to develop an Extreme Weather Response Plan and a 24 hour, 12 months shelter	Jovan Johnson Executive Director, Risebridge	

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

9.	<p>Oceanside Plan to End Homelessness</p> <ul style="list-style-type: none"> • As agreed at the last meeting, the Chair wrote to the Oceanside Task Force on Homelessness (OTFH) to communicate a summary of our discussions, our newly adopted draft Vision to end homelessness, and a request that they consider including these matters in their planning. The letter is attached to the agenda email. • The issue was discussed at OTFH and will be considered more in the future • Oceanside CAT Chair was invited to join the Non-Market Housing table, which is doing good work to bring more affordable housing options to Oceanside. However, I declined at this time due to other commitments. 	Sherry	
10	<p>Next Steps on Closing the Gaps after Emergency or Urgent Care Visits for Overdose</p> <ul style="list-style-type: none"> - No response yet from Dr Bonnie Henry on the need for BC information and strategies on connection to OAT after Overdose - Draft protocol for follow-up after Urgent Care under discussion with Elizabeth Driver and Dr. Drew Digney - All Island CATs are interested in joining our Summit, but asked for a longer lead time, and recommended mid -September, and a Zoom format with recordings to allow busy Emergency Room personnel and community partners more options to participate. -Next steps on the ‘Summit’ on follow-up after Emergency and Urgent Care and on access to OAT and Safe Supply. 	Sherry	
11	<p>Priorities for 2024:</p> <ul style="list-style-type: none"> ➤ Continued focus on preventing deaths and harms from Toxic Drug Poisonings ➤ Continued focus on building opportunities for training, development, and Peer Support roles for people who have lived experience ➤ Quarterly updates to Councils - Parksville, Qualicum, and RDN to build mutual understanding and to help communicate about community needs and priorities, and requesting formal representatives from each Council ➤ Increased focus on prevention ➤ Continuing to build partnerships and communication with all parts of Island Health and with community OAT providers ➤ Continuing to seek a safe inhalation and overdose prevention site ➤ Continue to work with First Nations and Metis partners to reduce impact on ➤ Working with other CATs to address provincial issues ➤ Continuing to work with other community groups and partners to address mutual concerns ➤ Improve linkage with First Responders ➤ Improve communications with business groups ➤ Stigma reduction initiatives ➤ Promote the development of an Oceanside Plan to End Homelessness ➤ Please send us your suggestions for action on these priorities 	Sherry Bill Jamie	

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

12	Further update on new facilities for people who use drugs in Bowser, available beds, and intake process	Kelly Morris	
13	Website Update - we have engaged OCAT partner Dan LaRocque to update our Facebook and website - anyone interested in helping Dan, contact Jamie Baird, our OCAT Coordinator, jamieocat@gmail.com Volunteers to help plan our website? We dream of a website like Port Alberni CAT's, and they have invited us to include links to all their resources like the Learning Moments	Dan	
14	Next Steps to improve Rural public transportation access for those with low income and/or disabilities	Jewelz Lindsey	
15	Updates from OCAT members	All	20
16	Please send updates for the Resources section below to Jamie at , jamieocat@gmail.com We still need more local updates. Additions and Suggestions for improvement are welcomed. A volunteer to update and sort the Resources List is also needed!!	Jamie Island Health, Agencies	5

Resources: Where to Get Help

NEW: Island Health Service Link for substance use, harm reduction, and mental health: 1-888-885-8824

NEW: Toxic Drug Alerts by Text: Text Join to 253787

24/7 Crisis Line 1-888-494-3888 or 1-800-784-2433

First Nations KUU-US Crisis Line 1-800-588-8717

BC Mental Health Line 250-310-6789

Canada Suicide Prevention Service 1- 833-456-4566

Indigenous Support Line 1-800-588-8717

Métis Support Line 1-833-638-4722

Indian Residential School Survivors Society 1-800-721-0066

National Overdose Response Service (NORS) 1-888-688-6677

Report an Overdose 604-707-2516

BC Bereavement Services 604-738-9950

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

Here to Help- Trans Support Line 1-866-999-1514

NARSF Mobile Health Outreach (Ladies in the van): Toll Free 1 844 482 4239 or Text 250-510-3637

NARSF offers free and confidential safer sex and drug use supplies, HIV testing, referral, overdose prevention, harm reduction supplies, needle collection, drug testing. Leave a message on their confidential voice mail for call back, or call when NARSF outreach workers are in Parksville, Qualicum Beach, and Errington on Mondays 1-8 pm, and Thursdays 1-8pm.

Don't Use Alone: If you are not with a buddy, start low, go slow and use one of these apps.

Lifeguard App

<https://lifeguarddh.com>

Brave/Be Safe App

<https://www.brave.coop/awareness>

GONE TOO SOON Navigating Grief and Loss as a Result of Substance Use

<https://www.bccsu.ca/wp-content/uploads/2019/07/Gone-Too-Soon-Canada-English.pdf>

Overdose Risk Text Warnings:

Island Health - Community members can text JOIN to 253787 to receive drug poisoning overdose advisories by text for select regions within BC.

Drug Poisoning Alerts System by Saint John's Ambulance

<https://reactandreverse.ca/national-drug-alert-system/>

Reminder to Report All Overdoses:

Please call 604-707-2516 to report every overdose, or fax in the

Overdose Response Information form included in every Naloxone kit to the same number

BCCDC Harm Reduction Services website is offering The BC Peer Worker Training Curriculum:

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

<https://towardtheheart.com/peer-worker-training>

Island Health's New Drug Poisoning Text Alerts System

Community members can text JOIN to 253787 to receive drug poisoning overdose advisories for select regions within BC. (The system is a bit dumb. Just enter E for Island Health alerts - it cannot understand 'island health')

We are excited to announce the launch of a service that sends drug-poisoning overdose advisories by text message to subscribed community members. This allows individuals who are using substances, as well as their friends and families who enroll, to receive timely information to help inform their harm reduction strategies. Here is a link to the News Release.

The initiative was developed and implemented by the BC Centre for Disease Control Harm Reduction Services, in collaboration with the Office of Virtual Health and community partners. This texting service is currently available in Fraser Health and Interior Health. As of December 15th, it became available here in Island Health, and it will continue to be expanded to other regions of the province. Harm Reduction teams will send region-specific or provincial drug poisoning overdose advisories to subscribers who will then receive these advisories by text.

The need for text-based public health advisories is driven by an increase in deaths due to the toxic illicit drug supply in B.C.

In 2021, there were 2,224 deaths due to the toxic illicit drug supply. This was the highest ever number of annual overdose deaths in B.C. since a public health emergency was declared in 2016, and a 26 per cent increase compared to 2020, which previously set the record.

Drug Poisoning Alerts System by Saint John's Ambulance

<https://reactandreverse.ca/national-drug-alert-system/>

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

Reminder to Report All Overdoses

Please call 604-707-2516 to report every overdose. Alternatively, you can fill out and fax the

Overdose Response Information form included in every Naloxone kit (the fax number is the same as the phone number). These reports are needed to effectively advocate for more funding and supplies. Thank you for your understanding and help.

Support:

Moms Stop the Harm (MSTH) is a network of Canadian families impacted by substance use related harms and deaths, providing peer support to grieving families and those with loved ones who use or have used substances and advocating for changes to drug policies. <https://www.momsstoptheharm.com/>

BC Bereavement Helpline:

Providing free and confidential support connecting the bereaved to support services across BC.
1-877-779-2223 <https://www.bcbh.ca/index.php>

Resources:

HeretoHelp: BC Partners for Mental Health and Substance Use Information: <https://www.heretohelp.bc.ca/>

Gone too Soon: Grief and Loss as a Result of Substance Use - BC Version: https://www.bccsu.ca/wp-content/uploads/2018/11/Grief_Handbook.pdf

Coping Kit: Dealing with Addiction in Your Family - From Greif to Action: <https://www.bccsu.ca/wp-content/uploads/2018/11/Coping-Kit.pdf>

Hope and Healing: A Practical Guide for Survivors of Suicide: <https://www.health.gov.bc.ca/library/publications/year/2007/HopeandHealing.pdf>

Canadian Virtual Hospice: website provides information and resources related to loss and grief. https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

The Dougy Center: Grief support resources for children and youth and their caregivers (US site). <https://www.dougy.org/grief-support-resources>

Wellness Together Canada - <https://wellnesstogether.ca/en-CA>

· Services range from basic wellness information, to one-on-one sessions with a counsellor, to community

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

support.

- Immediate Crisis Support for Frontline - Text FRONTLINE at 741741 and for Adults text ADULTS at 741741 for Immediate Crisis Support Text WELLNESS to 741741

Pocket Well App - By Wellness Together Canada (free download from app store)

- Pocket Well allows access to free and confidential sessions with social workers, psychologists and other professionals, as well as other mental health and substance use services all from their phone.

First Nations Health Authority - <https://www.fnha.ca/wellness>

- The FNHA works towards the health and wellness of all First Nations in BC through its unique approach to wellness and its support of community wellness activities.

CMHA - Canadian Mental Health Association <https://cmha.ca/> and <https://cmha.bc.ca/covid-19>

- Have resources for all: including healthcare workers
- Bounce back, community counselling, mental health check-in, peer support

BC Hub for Workplace Mental Health - <https://www.workmentalhealthbc.ca/discover?savedFilters=true>

- Resources for individuals - online Mental Health Support

CMHA - Bounce Back - <https://bouncebackbc.ca/> 1 (866) 639 0522

- A free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

Workplace Strategies for Mental Health <https://workplacestrategiesformentalhealth.com>

- The site offers resources to support the wellbeing of employees and their families. Press “Resources for Employees” to access topics and strategies.

Ministry of Mental Health & Addictions <https://wellbeing.gov.bc.ca/>

- Pathway for mental health and substance use supports across BC

HeretoHelp <https://www.heretohelp.bc.ca/>

- Mental health and substance use resources

Crisis Lines

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

Greater Vancouver Crisis Line: 604.872.3311 | 1.866.661.3311

Provincial Crisis Line: 1.800.SUICIDE (784-2433)

BC Mental Health Support Line: 310-6789

Circle of Care: KUU-US First Nations and Aboriginal Crisis Line Support Available 24 Hrs - 1-800-588-8717.

Grief & Loss:

BC Bereavement Helpline - <https://www.bcbh.ca/index.php>

Grief Support - <https://www.mygrief.ca/>

Care for Caregivers- Grief & Loss - <https://www.careforcaregivers.ca/campaigns/bereavement-and-grief/>

CMHA - Grief Supports - <https://ontario.cmha.ca/documents/loss-and-grief-during-the-covid-19-pandemic/>

Health Link BC - <https://www.healthlinkbc.ca/health-topics/hw164282>

Trust • Mutual Support • Curiosity • Consensus

Client Centered • Empathy • Respect • Courtesy

Humour • Accountability • Humility • Cultural Safety

Agenda

Oceanside Community Action Team (OCAT) Meeting

Tuesday, March 19, 2024, 1 to 3 pm by Zoom

Debriefing • Diversity • Collaboration • Compassion

Sincerity • Kindness • Patience • Lifelong Learning