



Oxford County Suicide Prevention Team
 PREVENTION, INTERVENTION, POSTVENTION

Oxford County Suicide Prevention Team Meeting

0930-1130hrs

LOCATION: Zoom

<https://us02web.zoom.us/j/85623435083?pwd=WVVHemUrV3RkZnMwR3BraGYwaTJWUT09>

Meeting ID: 856 2343 5083

Password: 583719

PRESENT: Jenilee (Oxford County Community Health Centre-OCCHC), Emma Blake (Woodstock Hospital), Kaitlyn Bruyns (Big Brothers Big Sisters of Oxford County), Ron (Community Member) , Jenna Mitchell (Wellkin), Candice Langdon (Indwell), Deb Northmore (Thames Valley Family Health Team-TVFHT), Julie Robinson (SouthWest Local Health Integration Network- SW LHIN)

REGRETS: Amanda McCooye (Elgin Children’s Aid Society/Community Member), Tammy MacDonald (Oxford County), Jennifer Lester (London Catholic District School Board), Sandra Savage (London Catholic District School Board), Nicole Deagle (Conseil Scolaire Catholique Providence)

RECORDER: Emma Blake

Agenda Items	Discussion	Responsibility	Action
Welcome & Introductions <ul style="list-style-type: none"> Additions/Revisions to Agenda 	The above members listed as Present introduced themselves. New member: Jenna Mitchell (Wellkin) is covering for Karla Enns’ maternity leave. Welcome Jenna!		
Approval of the Minutes	The previous meeting minutes from January’s meeting were not sent out—the one previously sent by Emma in advance of today’s meeting was a blank document. Jenilee had previously sent out the meeting minutes in January. However, Emma will resend January’s minutes to the team to approve.		Emma to resend January’s Meeting Minutes
Check-In & Agency Update (if applicable) How are you doing?	Jenilee provided an update on the OCCHC: <ul style="list-style-type: none"> Services haven’t necessarily changed in terms of losing services, they’ve just moved to virtual service. Numbers have dropped for walk-in counselling . 		

- Jenilee also shared with the group that there has been a 3rd suicide among the ZF Factory group in the last 6 months.

Ron provided an update on his experience in community:

- Personally, Ron's not been going out much. Lots of people he knows are following social distancing guidelines, but is aware of some people not following protocols. He is optimistic that increased socialization might help improve the mental health of individuals.

Jenna provided an update from Wellkin:

- Wellkin is operating services, primarily remotely. They can offer services by phone, and now video counselling is also available. They are working on a reintegration plan back into the building. They are responding to situations where it's just not working to be on either phone or video. They have also expanded their Walk-In to be able to access single sessions Monday thru Friday.
- The Youth Engagement Advisory has been running full force. There were plans to open a drop-in youth hub in May. They are still planning on opening it up when possible, but now they have developed an online Hub on Thursdays. They are adding an exciting addition by delivering pizza to Youth's homes so they can engage in the online hub while eating pizza.
- Jenna also shared that she works at CMHA Middlesex as a crisis worker and has good experience with suicide prevention and mental health.

	<p>Kaitlyn provided an update on Big Brothers, Big Sisters:</p> <ul style="list-style-type: none">• Similar to other agencies, BBBS has moved to virtual services. They've been able to do the GO Girls program virtually. They are also expanding this program to any community member, rather than just their clients. <p>Candice provided an update on Indwell</p> <ul style="list-style-type: none">• Candice explained that services looks a bit different because they are a supportive housing agency. Indwell has closed their common spaces, which was difficult because it isolated their tenants even more. As we move into phase 2, they are looking at opening common spaces since groups can be 10 or more. <p>Emma provided an update on Woodstock Hospital:</p> <ul style="list-style-type: none">• Most services are still being offered. Most are being offered via telephone, but face-to-face appointments can still be offered if necessary.• Walk-In Counselling, in alignment with the Oxford County partners have moved to Prebooked Telephone Walk-In Counselling Sessions. <p>Deb N provided an update on TVFHT:</p> <ul style="list-style-type: none">• Essential face-to-face medical appointments are coming through the door.• Counselling has been virtual• They are exploring how to run groups virtually <p>Melanie provided an update on TVDSB:</p> <ul style="list-style-type: none">• 5700 kids enrolled in summer school, which is a lot more than they normally have. TVDSB still has no idea what school is going to look like in the fall. The ministry has asked school boards		
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	<p>across the province to come up with 3 potential plans about what school can look like in the fall.</p> <ul style="list-style-type: none"> • TVDSB has continued to provide mental health supports to students. They did receive funds to continue to provide mental health support over the summer. This has been available virtually through phone, video conferencing or email. They are offering current students involved in service to continue with services over the summer. Currently have around 1000 active cases. • Schools will individually look at transitional dollars for special education classes. <p>Julie provided an update on the LHIN MH Nurses</p> <ul style="list-style-type: none"> • They have been doing a bunch of work because they've been under the direction of Ontario health and the ministry. They are in a 'stand down' position in terms of supporting the long term care homes. Julie has been bouncing back and forth, but recently she's been more connected with the mental health side of things. Julie is looking forward to when she can do more face-to face visits. Youth who have been identified needing support will continue to be offered it throughout the summer. 		
<p>World Suicide Prevention Day (WSPD) Planning & Discussion</p>	<p>The OCSPT is always planning for WSPD. We are going to go under the assumption that we will need to be virtual. We wanted to have a discussion to gather ideas for September's event, given that assumption.</p> <p>The team brainstormed:</p> <ul style="list-style-type: none"> • Ron thought of contacting solo performers and to potentially upload performances to our website. The groups would likely not be able to perform in person due to social distancing (like 		<p>Ron to reach out to soloists.</p> <p>Jenilee to post on FaceBook to ask for feedback from community about WSPD</p> <p>Jenilee to look into online auction details.</p>

	<p>Oxford Winds and HAMMR'D). He thought he could ask some of the soloists to do a recording of their performance.</p> <ul style="list-style-type: none"> • Pre-recording performances or uploading and accessing them to YouTube may be an option. • Oxford Pride did a live event on social media. Discussed the idea of doing a live event, versus pre-recorded material that could be viewed all month long. • Jenilee explained that it doesn't feel right to ask people to go Live for us. • Ron suggested having youth send links to videos they think are inspirational to post throughout the month. • Julie asked Jenna if she could engage the Youth Engagement Advisory to find out what might be useful for them. To say, we're looking for content, and see if they are interested, to post online, etc. Jenilee also said that she can reach out at any time to the Facebook group and ask what people are hoping to see. • Melanie shared that TVDSB did a contest for mental health week. Kids could send in anything (video, art, dance, etc). Here is the link to the contest for reference https://www.tvdsb.ca/en/students/our-creative-class.aspx • Jenna asked if somehow as part of the month, we could partner with a SafeTalk trainer to provide a discounted or free SafeTalk. Jenilee explained that SafeTalk hasn't allowed virtual trainings, but with being able to have groups of 10, there may be a safe way to offer the group. Jenilee is a SafeTalk trainer • The group discussed the idea of an online auction. Jenilee to reach out to Tammy from Oxford Pride to get more information about 		<p>Jenilee to send out the internal list of contacts.</p>
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	<p>their online auction.</p> <ul style="list-style-type: none"> • Kaitlyn provided an Auction website we could try to use: https://www.32auctions.com/ • Deb also said that Bidding Owl is another site for auctions. • After further discussion, the group wants to move forward with virtual month-long events, where things are spread out throughout the month rather than just on one day. • Discussion of being able to submit creative expressions. Kaitlyn suggested linking the submission of art/creative expressions to the online auction. Ron offered to take photos of items if needed. • Jenna asked if anyone had used Flipp Grid. She explained that it's a Microsoft app that you can upload 10 minute videos all in one place. You can also upload images, videos, etc, and it's all very accessible and quick to figure out. It might be another program to look into once we figure out more details. • Discussion of contacts for the internal OCSPT group. Jenilee to send out the internal list and co-chair email so members can send out other ideas/submission to Jenilee and Emma, or through the website or Facebook. 		
<p>Suicide Prevention T-Shirt Fundraiser</p>	<p>Jenilee explained that OCSPT and CMHA previously met to discuss how community can be informed about options to donate to OCSPT.</p> <p>There is a T-Shirt Fundraiser going to be happening in the community. We don't have much information at this time, other than the proceeds will be split between CMHA-Oxford and the Oxford County Suicide Prevention Team. A flyer will be sent out shortly.</p>		
<p>Round Table Updates – <i>time permitting</i></p>	<p>Julie wanted to share that she's been seeing free online</p>		

	trainings lately, especially virtually. Jenilee recommended that if folks are seeing opportunities, to send it to the internal team email list.		

Next meeting: Wednesday July 29th, 2020

Time: 0930-1130

Location: Zoom (link to be sent out)