**Southwest Zone Zoom Meeting Notes**

**Monday, March 21st, 2022 10 a.m.**

-21 members in attendance

**Welcome to new members attending for the first time today:**

* Allan Liu, EarlyON Coordinator, London
* JanTomlinson, London-Middlesex Health Unit
* Kate Neuts, Dietetic Intern at Building Blocks for Better Babies in Windsor

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**Update from PHAC: Michelle Halket and Tim Eddis, PHAC/ASPC**

COVID- Shifting to Reopening. However, there is still a PHAC presence at land borders and airports and at the Quarantine Hotels. Most recently, some arriving from the Ukraine will be housed at the hotels for a quarantine period.

**PROGRAM UPDATES**

·        ART (Annual Reporting Tool) sent to projects, with expectation for completion by April 2022. Of note, if you have given families “gift cards”, please do NOT refer to them as such in your reports! Please use wording such as, “Grocery Card”, “Food Supplement Card”, “Grocery Supplement Card” so it is clear that there is a food or food insecurity component/purpose to the card.

·        Second program monitoring calls (PMC) will take place before the end of the fiscal year. These may be informal and may feel like a general “check-in” to make sure all is well, and moving along smoothly.

·        Any outstanding BTRs (Budget Transfer Requests) to be sent as soon as possible

* CPPMT (Children’s Program Performance Measurement Tool) is completed by both CAPC and CPNP projects every 2 years. They are not due this year, but they may be combined with the ART next year so that there would only be report.

**PHAC SPONSORED TRAINING UPDATES**

FASD-

·        New context and updated website at PHAC. Please visit [Fetal alcohol spectrum disorder: About, causes and co-occurring conditions - Canada.ca](https://www.canada.ca/en/public-health/services/diseases/fetal-alcohol-spectrum-disorder.html)

·        Please check the FASD ONE website for resources, events and other important work. [Welcome to FASD ONE | FASD ONE (fasdontario.ca)](https://fasdontario.ca/)

 FATHER INVOLVEMENT-

***The New Dad Manual***. Filled with practical and specific direction, everyone can benefit from this resource. Please share this blog with anyone who needs support for the parenting journey – especially new moms and dads. For the blog and other resources please visit: [Performance – 24 HOUR CRIBSIDE ASSISTANCE (dadcentral.ca)](https://dadcentral.ca/newdadmanual/performance/)
INFANT MENTAL HEALTH-

For resources and courses available, please visit [Home - Infant Mental Health Promotion (imhpromotion.ca)](https://imhpromotion.ca/)

**ADDITIONAL TRAINING/EVENTS/RESOURCES**

·        Indigenous Chronic Pain & Substance Use – Tuesdays, 7:00 – 8:30 PM ET [Indigenous Chronic Pain & Substance Use — Project ECHO: St. Joseph’s Care Group (squarespace.com)](https://sjcgecho.squarespace.com/indigenous-chronic-pain-substance-use)

·        **Mommy Monitor Recorded Sessions:** The recordings for the workshop are listed below:

* [Friday February 25th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2FutTwHto9RJcvhHsjGCNqlUqqNctHORmst2BeTEU-5lZVVhGG_bKfjs6MNSKnLuc5.0fEMH5bM9XG8azV7&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=17Gmb2Atk6TTXnAkhhXPc5JQNy07UrAoWjE94QBhrfk%3D&reserved=0)
	+ Access Passcode: 1CkX%T3\*
* [Monday February 14th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2FeMbWMGvJ9nRv1tqo0mMp-5JuqnErFImGc-caQVuxc2qNNTcozIxnEZFheLSApYWu.FeYkHbMjiR3H1mLl&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Iheu%2B1oYvivOc6iE%2BJ6slPzP7Q7dr%2BSHxs30AxCpNMM%3D&reserved=0)
	+ Access Passcode: 4\*4HfWpN
* [Friday February 11th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2F8Tr9UDcE00FSfU2H_Ltg0cqCVkyiKVEK4bGhuh-yl44Tg06sL5KCFGKvHka_DFCO.-SRlJHIqDseZbRjO&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=RmSZuu1edNTJs1jZe%2FVeoPcf2PyRJCHSyJTSQ6L7BCg%3D&reserved=0)
	+ Access Passcode: 9P?2ErSD
* [Friday February 4th recording](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus06web.zoom.us%2Frec%2Fshare%2FeNmg7iCbHmkLOzw51VQqLwd70nI5ZidjWT7rni4whakycPStcjXTJnhG7OSnX8NP.klBZuVk47lXPsuMU&data=04%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7C95d0da49c0b245372bb408d9fb8fb828%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637817416952568698%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=JuNhLUNSl1sNupavn3tI1bKXj8iA%2FktqgYJw3ReTcLE%3D&reserved=0)
	+ Access Passcode: 2jS#57$+

**Reminders:**

Be sure you are receiving the weekly CAPC/CPNP Network News from Sydney Bell on Fridays. In the newsletter you will find information about our 4 learning circles, zone meetings, learning opportunities, and the link to the TRELLO calendar with registration and links for meetings and events. Don’t miss out! Contact Sydney (sbell@carizon.ca) if you need to be added to the mailing list! The Network Webconnects site is another good way to be informed, and will soon be launching a new look with new features to help us all stay connected and share information and resources.

You may hear the buzz phrase, “Modernizing Contribution Agreements”. The intent is to make them simpler to understand.

It is likely that PHAC will stop asking for General Ledgers soon, and that they will make the financial reporting process simpler.

Please keep in mind that reporting is *very* important. In recent years, the reports have been simplified or “watered down” so much that some important data and bits of information has been lost. Please SHARE STORIES in the narrative portions of reports! They are very appreciated and impactful!

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**General Discussion:**

**Re: evaluation:**

Is there any talk of PHAC helping with the evaluation process? A systematic way to capture meaningful metrics within projects, that could be applied across the province and country? Certainly we serve different communities, so some data collection may need to be tailored or individualized to a specific project’s community, but can we capture some universal data? There was a request at our last zone meeting to ask the Coordinating Committee if they would help with a data base or data collection process…

**Re: Advocacy versus Raising Awareness:**

While we are not able to “advocate” for more funding, we can “raise awareness”. Aboriginal Head Start has an “escalator clause” in their agreement that gives them a 3% increase per year in their core funding. Our projects do not receive increases in funding, and even as costs increase year after year, many try to provide the same services. The result is that some staff have not received pay increases for 12 years or more. Others feel guilty when they get a raise, because they know that means less money for programming, and ultimately, for families. Some projects have had to cut staff, and programming to make their budget work.

Have the core pillars changed in 25+ years? Do we need to visit our priorities and see if they still matter, or are there new priorities that have emerged? What about healthy weights, maternal and infant mental health, injury prevention… who is our target audience? Has that changed? How have our communities changed?

MPs may not know what we do for the community. There is a new position, Minister of Mental Health and Addictions held by Dr. Carolyn Bennett… does she know what CAPC and CPNP offers to support the mental health of Canadian families? Should we consider letter campaigns to MPs, postcard campaigns…?

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Coordinating Committee (CC) Update: Netti Wall and Erin Young, SW Zone Representatives**

The committee aims to meet on the first Thursday of the month.

The topic of asking how the CC might support projects in awareness raising and funding challenges was on the agenda, but there was not time for an in-depth discussion. The topic is on the agenda for the next meeting.

In addition to what Michelle shared about ensuring you receive the weekly Network Newsletter, there is a new system called, “Get Connected”, a provincial map of CAPC & CPNP projects. Watch the newsletter for more details. Of note, projects will enter their own project information to ensure it will be represented on the map.

At every 3-4 CC meetings there is a focus on Indigenous Issues and Truth & Reconciliation. This month they watched a documentary called, “The Doctrine of Discovery” to increase awareness of Indigenous history and where we are currently.

<https://www.anglican.ca/primate/tfc/drj/doctrineofdiscovery/>



**The CC is looking for 1 more representative from our zone!** To provide a complete SW zone voice we need a representative from an Indigenous project. Additionally, Netti’s term will be coming to an end in November, so she will need to be replaced by someone from either a CAPC or CPNP project. Contact Nettie (nettiw@mcson.org), or Sydney (sbell@carizon.ca) if you are interested or would like more information about either of these positions. Generally a letter of commitment or assurance from your agency stating that you will be available for serving on the CC is requested.

**General Discussions and Sharing:**

***Note***: There was an overall sense that we are embarking on a time of “cautious transition”. As Covid restrictions are being lifted, we are aware that programming and service delivery could suddenly shift or revert back, with very little notice. We are also aware of the responsibility we hold during this transition time; guiding families using a well-informed lens through “uncharted territory”, doing our best to make sound project-level decisions that keep families and staff as safe as possible, while being responsive to the needs of our unique communities. We’re thinking about how we operated pre-Covid, the changes we made during the pandemic, the lessons learned, and what we can offer moving forward. What do our families want and need? How can we best respond? How do we sort out the logistics of it all?

Ellen Bachtold, Windsor, Building Blocks for Better Babies (BBBB), CPNP: Looking ahead to the potential of in-person programming. With her Dietetic Intern, Kate, created a survey for their families to help them plan for a return to in-person/hybrid classes. They sent out 105 surveys and had a response rate of over 40%! Of note, they had a final open-ended question that may give them some quotes to share in PHAC reports. They will share their survey with other projects.

Gerri Catherwood, South London, Families First CAPC: They continue with face-to-face programming with a small number of families, and are looking at the logistics of opening in-person programming to larger groups. They have had up to 30 women participating on zoom, so bringing them together in-person means thinking about how to provide child-minding during group time, while maintaining proper child:staff ratios. They recently offered an in-person “Little Learners” school-readiness program for parents and children. The children were fine, but the *parents* were noticeably anxious!!!

Mary-Lynn Houston-Leask, Owen Sound, M’Wikwedong Native Cultural Resource Centre, CPNP: They are doing a needs assessment using Survey Monkey (which limits the number of questions that can be asked to 10, unless the account-holder/agency has paid for a level of access that increases the limit). They are trying to get a better sense of how people are feeling as restrictions are lifted, whether they are feeling ready to come back to in-person programs… especially considering some of their mothers are pregnant or have a new baby. Offering in-person programming to a rural community also poses transportation challenges… that are much less an issue with virtual programming.

Katrina Clarke, Clinton, Rural Response for Healthy Children, CAPC: They are not anticipating a huge change moving into spring programming. They will continue to offer some outdoor activities and as weather becomes warmer, expect to alternate between meeting in-person and virtual programs for those who aren’t ready to gather. They are looking at a statement or policy about participant cameras being *on* during virtual programming.

Sylvia Blay, Chatham-Kent, CPNP: Purchased CAHOOT to do their survey and asked what participants feel is the best way to meet? 82% said on-line was much easier! Challenges to meeting in-person included transportation issues and child care. They are not in a rush to return to in-person, perhaps will consider later in the spring. Attendance has been higher with virtual programming.

Jan Tomlinson, London-Middlesex Public Health Unit, CPNP: In the fall they alternated between offering 1 week virtual and 1 week in-person, then moved to all virtual in January. This spring they are planning to offer hybrid groups with staff on-site with clients, while other clients join virtually at the same time. This may not be as interactive since the camera is on the group facilitator. Requires 2 laptops- 1 for the presenter and 1 for zoom. They purchased a gaming microphone to help with conversation. In order to attend in-person both staff and participants must be vaccinated and masked.

Netti Wall, Family Education and Support Project of Aylmer, Mennonite Community Services, CAPC & CPNP: Over the winter their CAPC groups met in-person, requiring pre-registration, with 1 table per participant, wearing a mask, and only a small number of children attending per group. The logistics of offering in-person programming require a good deal of staff time: contacting each family prior to the group for screening (ie. are you well, is everyone in your household well, has anyone travelled outside of Canada etc.) and the physical logistics of setting up the space. For their Low-German families, virtual programming does not work. They have also offered a small number of home visits.

Robyn Mackenzie, Owen Sound, M’Wikwedong Native Cultural Resource Centre, CAPC: They have been offering in-person programming by pre-registration. They have included a food component by providing individual plates for snacks for each family, and maintain physical and social distancing. Participants must be vaccinated to attend in-person programs. With these requirements in place, they have come to learn that many of their families are not vaccinated, therefore, do not come to group in-person. Another challenge to offering in-person groups has been scheduling, because their agency offers many different programs and services (outside of CAPC & CPNP), and there can only be 2 groups in their building happening at the same time.

**Question**: Would zone members like to meet more often as we navigate this period of transition, gather survey and needs assessment information etc.? The majority said *yes*, so we agreed to have some extra meetings, about monthly, until members have a clearer vision moving forward (see below for dates).

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**Tabled Items and Things to Keep in Mind:**

**Upcoming 2022 SW Zone meetings, 10 a.m.:** April 25th, May 16th, June 20th, July 18th, September 19th, November 21st

**A skill development opportunity awaits!** Are you looking for an opportunity to serve as a **SW Zone Chair or Co-Chair?** Ellen has generously given her time, talents, thoughts, experience, creativity, encouragement and fun sense of humour leading us through challenging and changing times for **5 + years!** If you feel motivated to step up to a Chair or Co-Chair position, as a voice and leader for the SW zone projects, please speak to Ellen or Lori. Everyone needs a break now and again, and it’s good for us to develop our talents, share the load, and try something new!

**Land Acknowledgement Conversations:** Ongoing meeting item. If you have ideas to share, would like to volunteer to offer a land acknowledgement or teaching at a future SW Zone meeting, or would like to be part of an on-going conversation, please let either Ellen or Lori know. Of note, one of our learning circles is focused on Indigenous Teachings (dates in the weekly newsletter).

**Question:** Should there be a subcommittee of SW Zone members (or on a wider scale to invite all zones for larger impact) to work on activities such as “Impact Statements” that might give us a stronger voice to the Government? (Impact Statements were created in the past, and Ellen has some examples.) PCs may be able to help provide national statistics and helpful information that may capture the attention of the Government.

Next meeting: **Monday, April 25th, 2022 at 10 a.m.**

Respectfully Submitted by your SW Zone Co-Chairs,

Ellen Bachtold bbbb@uwindsor.ca and Lori Wilson loriwilson@kcyfs.com