**CPNP/CAPC East Zone Meeting Minutes**

**Date:** Wednesday, November 23, 2022

**Time:**  1:30 pm to 3:00 pm

**Chair:** Kim Groskleg

**Recorder**: Mary Lou Mills, SIRCH Community Services

**Attendance:** Mary Lou Mills, Sydney Bell, Leigh Gibson, Kim Groskleg, Brooke Talisman, Alex Cloutier, Judith Gour, Jessica Lefebvre, San Eleser, Carmen Barrientos, Nathalie Wolfe, Jane.

**Regrets:** Dawn Wansborough, Maureen Hampton**.**

**Welcome and Introductions**

1. **Confirmation of Previous minutes** from September 13, 2022

Approved: Leigh Gibson and Sydney Bell

1. **Approval of Agenda -** Approved
2. **Business Arising -** none

**4. Standing Items**

**4.1 November 2022 PHAC UPDATE:**

**ZONE LEAD** - Carmen Barrientos- East Zone

**PHAC UPDATES:** National Child Day Celebrations happened and we hope everyone was able to participate

**PROGRAM UPDATES**

* Messaging has gone out regarding **Renewals** : PHAC will be extending existing funding agreements of CAPC and CPNP projects expiring in March 2023 and March 2024 until March 31, 2025.
* Project Monitoring Calls (PMC) are under way. If you have not been contacted by your PC for a call, please ensure you do so. The NEW reporting PMC tool/form has been delayed so PC’s will be using our old format for all your calls.
* For projects who required Progress reports they were due October 31st. You would have received an email from your PC if required. Thank you to everyone who has already submitted. If you haven’t yet submitted one please contact your PC if more time is needed to discuss.
* Site visits have been approved to resume. PCs will be consulting with projects the comfort level to an in person visit and any processes/procedures to follow. Please, make sure you consult with your team if you would be comfortable and let your PC know. PCs will contact you to make arrangements if a site visit is to happen and you are comfortable with it.

**PHAC SPONSORED TRAINING UPDATES**

**AUTISM –** See the PHAC website for details and resources.

[Autism: National autism strategy - Canada.ca](https://www.canada.ca/en/public-health/services/diseases/autism-spectrum-disorder-asd/national-strategy.html)

[Autism: About, causes and co-occurring conditions - Canada.ca](https://www.canada.ca/en/public-health/services/diseases/autism-spectrum-disorder-asd.html)

**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/)
	+ <https://www.canada.ca/en/public-health/services/publications/healthy-living/benefits-father-involvement.html>
* [What Does It Mean To Be a Dad? – Dad Central](https://dadcentral.ca/what-does-it-mean-to-be-a-dad/?utm_source=mc&utm_medium=email&utm_campaign=2022_04_14)

**INFANT MENTAL HEALTH-**

* For resources and courses available, please visit [Home - Infant Mental Health Promotion (imhpromotion.ca)](https://imhpromotion.ca/)
* Currently working on obtaining some free training.

**FAMILY VIOLENCE-**

* Training opportunity called [*Being Trauma Aware*](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.beingtraumaaware.com%2F&data=05%7C01%7CHamid.Pazhwak%40phac-aspc.gc.ca%7Ce251fe61f35346f092c608da27b26e30%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637865944540641608%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=OnxChxytAM%2Bp8m2bJzWYec6gPfIcAtVEyESgjiwTRmY%3D&reserved=0) *-*Being Trauma Aware is a FREE e-learning course meant to equip and empower participants to approach interactions within their organizations compassionately and to be curious about any trauma that may be affecting current behaviour. From there, the course outlines the path to resilience through tangible steps and best practices. Divided into 5 modules, the course can easily be paused and resumed at your convenience.
* For some resources on family violence go to [Luna Child and Youth Advocacy Centre](https://www.lunacentre.ca/resources)

**FUNDING OPPORTUNITIES**:

Healthy Canadians and Communities Fund

* Launched 16 November 2022 - A funding solicitation to offer Canadians better access to environments where they can be active, find healthy foods and stop smoking.

The Healthy Canadians and Communities Fund (HCCF) supports interventions that address behavioural risk factors (physical inactivity, unhealthy eating, and tobacco use) with the aim of preventing the main chronic diseases - diabetes, cardiovascular disease and cancer. Priorities for the HCCF program include a focus on addressing health inequalities; encouraging multi-sectoral participation in chronic disease prevention; and exploring new ways to address the risk factors for chronic disease.

* The first stage of the HCCF solicitation will be open for applications for a period of 5 weeks, closing Wednesday, December 21 at 3pm, Eastern Standard Time. Potential applicants can access additional information on the HCCF Website.

[Overview: Healthy Canadians and Communities Fund - Canada.ca](https://www.canada.ca/en/public-health/services/funding-opportunities/grant-contribution-funding-opportunities/healthy-canadians-communities-fund-overview.html)

**Reminders or other resources:**

* Sydney Bell- CAPC/CPNP Network Friday updates- If you want to be on the email list to receive information, email Sydney: sbell@carizon.ca

Webconnects is back online. Here is the link to sign up: [https://www.webconnects.ca/user/register](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarizon.us6.list-manage.com%2Ftrack%2Fclick%3Fu%3D9d77951b27624018f0b6a0612%26id%3De94137fdb6%26e%3Dc8753610d0&data=05%7C01%7Cmichelle.halket%40phac-aspc.gc.ca%7C60824fcdcd684c44a27c08da89d085a5%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637973825937681810%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=7Jhm0PvLM39pNv50cyahmg5uSIIJqRcSy7eJsxhAN6s%3D&reserved=0)
The main URL (website address) will remain the same: [https://www.webconnects.ca/](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarizon.us6.list-manage.com%2Ftrack%2Fclick%3Fu%3D9d77951b27624018f0b6a0612%26id%3D572c086411%26e%3Dc8753610d0&data=05%7C01%7Cmichelle.halket%40phac-aspc.gc.ca%7C60824fcdcd684c44a27c08da89d085a5%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C637973825937681810%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ER8QO34M4xICc8j5XIhHqNOAjXY8Zfxwzt%2FxTn81Gdc%3D&reserved=0)

* PERINATAL WELLBEING ONTARIO, Pregnancy and post partum support & connection

<https://www.perinatalwellbeing.ca/> low-cost or free. See link below for free information brochure on the signs and symptoms of Perinatal Mood and Anxiety Disorders as well as ideas for coping skills [here](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.perinatalwellbeing.ca%2F_files%2Fugd%2Fa41248_dc665c5e2d6d4636a480149844c43dd6.pdf&data=05%7C01%7Cmanuela.federici%40phac-aspc.gc.ca%7Cc5ea19d105704c04ec5308dabda775e4%7C42fd9015de4d4223a368baeacab48927%7C0%7C0%7C638030824174291551%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dcyJPaH5%2BeFc6lM%2BfGy36%2FU4N5qbDDsJik1ClE7qSBw%3D&reserved=0)! **Crisis Services Canada** 1-833-456-4566 toll free; Text: 45645

* Families Canada Resource on [Financial Empowerment for Women Living on Low Incomes: An Action Plan – Families Canada](https://shop.familiescanada.ca/products/financial-empowerment-for-women-living-on-low-incomes-an-action-plan?keyword=action%20plan&mc_cid=52dc43603f&mc_eid=6d00406c5a)

**4.2 Coordinating Committee Update**

* National Child Day – the recording is available on the Ontario Network of CAPC/CPNP newsletter sent out Nov 18 2022. If you missed the session or want to rewatch it, you can find it here:  [https://youtu.be/rGJ8zPhmA-4](https://carizon.us6.list-manage.com/track/click?u=9d77951b27624018f0b6a0612&id=896115d214&e=f9df616922)
* Remember to check out WebConnects: <https://www.webconnects.ca/>

You will find information on network events on calendar, connect on the discussion forums (Zone information, PHAC updates, share information and resources).

**4.2.1. Extension of Term for East Zone rep on CC**

* The Coordinating Committee is looking for members from the East Zone as the term is up for the current east zone representatives – Jason Brock and Kim Groskleg. Also looking for someone from an Indigenous based project.
* Kim Groskleg offered to extend her term for 1 more year – Jan 2023 – Jan 2024. This was approved.
	1. **Upcoming Network Teleconferences and Webinars – Sidney Bell**
* Nov 30, 2022 at noon will be the Mental Health Learning Circle. **Maureen Hampton**, who has been trained on the Mental Health toolkit, will be joining us for the discussion.  The [Mother's Mental Health Toolkit](https://carizon.us6.list-manage.com/track/click?u=9d77951b27624018f0b6a0612&id=39734b4817&e=f9df616922) will be the focus and the toolkit will be reviewed and the different ways to use it.  Sign up at up <https://forms.gle/HZzFfw5GRb17JiLF9>
* Dec 7, 2022, there will be a learning circle on Social Media and Technology
* Dec 14 2022, there will be a network “COVID” discussion. These discussions will continue quarterly as there is interest on the impact the pandemic has had on the CAPC/CPNP projects.
* The annual CAPC/CPNP Network Conference will be held virtually Feb 23 and 24 2023 from 10 a.m. to 2 p.m. Details to follow soon.
* In March 2023, arrangements are being made for a Perinatal Substance Use - 2-day training session. It will be limited to 25 people. Dates to be confirmed and the details will be coming soon.

 **5. New Business**

* 1. **East Zone Chair position – Expression of Interest from Zone Members.**
* It is a two - year term. It was decided it will be a co-chair position. Alex Cloutier and San Eleser volunteered. It was approved that they will be the new co-chairs and the motion was moved by Brooke Talisman and seconded by Leigh Gibson. Those present on the call were all in favour.
	1. **Zone Contact List**
* Please review the contact list Dawn sent out last week and send your updated information to her by Dec 2 2022.
	1. **Program sharing highlights – Outreach Strategies, Successes and Challenges**
* The various projects are all reporting difficulty getting CPNP participants into the program when they are pregnant. It is harder in general to get families involved in the programs since the pandemic. Most come into the CPNP program 6-8 weeks’ post-partum. Very few come in when they are pregnant.
* Strategies suggested include outreach to MD’s, NP’s, and midwives although it is difficult to get onto their agendas to talk about the programs. They have no time and most appointments are via phone or virtual. In some areas, it may be possible to get on the agenda to present at a Grand Round session for MD’s which are currently held virtually.
* Others have had more success speaking with the medical receptionists who are more likely to share information about the programs. Pre-COVID, Leigh reported they held lunch and learns for the receptionists at a restaurant.
* Since there is such a high turnover with staff in agencies, including the medical community, it is worthwhile to reconnect with agencies/your networks to promote the program.
* Some reported they are having difficulty getting approval to put up posters in the community. A small tear-off “prescription pad” that includes information on the key points about the program– free PN vitamins, information about having a baby, food vouchers available (but be cautious – Leigh reported they had some people pretend they were pregnant so they could get a food voucher) given out by health care professionals and others in the community are better than posters. They are small, discrete and provide basic information about the program.
* Others suggested the use of social media – live streaming of a ½ hour meal prep demo. Alex Cloutier reported they had 10-15 participate for the event including some past participants. Judith Gour reported posting on other community boards – Facebook groups – daycares, municipality boards, dad’s groups. It is free but time consuming.
* Jessica Lefebvre said most of their participants come from the Health Unit’s PN registrations but since COVID there has been a steep decline.
* Others suggested incentives – giveaways for those who are pregnant- their name goes in a jar for each week they attend the group and a draw is done once a month. Other suggestions were to give a bonus grocery card to anyone who brought a new person to the group.
* Word of mouth still works well.
* Others have done radio PSA’s and paid ads in papers.
* If you have any other suggestions, please share your thought on WebConnects.

**Next meeting:** TBA

**Chairs:** Alex Cloutier and San Eleser

**Recorder:** TBD