Nanaimo Community Health Network

Governance Working Group

Meeting Notes

February 1, 2021 – 10:00 am- 11:45am

Online Meeting

Attendees: Vesa Atanasoff, Lisa Barron, Analisa Blake, Jacklyn Ekkert, Dyan Dunsmoor-Farley, Erin Hemmens, Oliver Jacobson, Jane Osborne, Kim Smyth, Dave Stewart, Jane Vinet

Regrets: Brenda Adams, Claudio Aguilera, Carolyn Samson, Pam Shaw, Christy Wood, Jade Yehia

1. Introduction, land acknowledgements and agenda.
2. In thinking about cultural sensitivity and diversity, and creating decolonization practices in our own experiences, Jacklyn Ekkert presented a Social-Identity and Reflexivity exercise. The first looks at how we self-identify. Designed to weed out biases, recognize social groups that we belong to and how they impact our behaviours. The Reflexivity exercise is an examination of social identity and how to experience this and incorporate this into our practice. Participants will have an opportunity to share their thoughts on this exercise at our next meeting.
3. Indigenous partners at Primary Care Network Truth and Reconciliation meeting, asked if we use Sacred Circles as a practice in our CHN? We would like to look at how talking circles could be implemented into our practice.
4. Keeping purpose of the network top of mind as we examine the framework. Creating the Two-Eyed Seeing Framework (see slides) round table discussion: q: given the time that has passed and lessons we have learned in our community (since 2018), and framework, in ways decide together, ways to impact together, ways to connect with one another , ways to sustain and ways to sustain, is this framework complete and what would you change?
    • Add a place-based lens to the framework and model.
    • Take a strengths-based approach rather than always looking for gaps.
    • Move away from a place-based name, and from the word health to wellness and resilience.
    • Framework needs to address how we avoid duplication and work alongside other work happening in community.
    • Address in our framework how the SDOH (i.e., poverty, homelessness, discrimination) affects population and community health and wellness.
    • Collective ownership rather than a top-down approach needs to be made a priority; role of professionals and community members needs to be well articulated in the narrative that is shared with community.
    • Ongoing coordination between other networks, task forces etc., to avoid attrition.
    • Operationalize the values held up in the purpose – that it is owned by the community and embed the values into the governance structure to ensure we are attentive to all the values that were identified.

- What does the network feel like and look like? How can people be in charge of their own well being and be connected into a larger network?
- Create a climate that people feel connected to.
- Alternate ways of connecting for those unable to participate in the internet space.
- Outline and articulate how we will enact and operationalize the values in our model.
- Focus on diversity of region and other networks and how we will work together to strengthen and support other networks with a focus on wellness and resilience.
- What are the boundary definitions – what are the constraints we do have to work within, and what can we let go of?
- What is our plan for digital environment challenges? How do we incorporate other communities that are not geographically bound but are digitally constrained?
- Point of clarity – purpose document is not combined by themes but is a collection of all of the "sticky notes" from the 2018 Forums.
- Pandemic and the role of digital and online convenings means we need to ensure communication and engagement plan addresses digital environment challenges – how will we give other folks a voice at our network table, even when they can't be there?
- What could make this network unique from other networks and task forces (which are often exclusive and by invitation only)? Create a network that emphasizes a place of belonging for all of community – more opportunities for participation, people attach in way that is meaningful to them – missing element "Ways of Belonging" and Ways of Knowing.
- Organizational structure focuses on reducing capacity constraints and offers multiple ways to engage "Multiple Doorways, more fluid participation to impede stagnation and build momentum with a focus on collective ownership.
- Convenings are SDOH/SDG focused - "Where is the wellness in your community – give us 3 things that are really working and playing into the wellness of your community (see attached document prepared by Jane O)
- Support existing networks and groups that need to engage with the broader community for example how do we develop the community approach that everyone has a role to play in dealing with the Opioid Crisis for example – broader framework.
- Question for clarification – is Stz'uminus a part of the geographical boundary – we have a tendency to divide First Nations territories along western geographies– we need to provide a place for everyone – creating hard boundaries and dividing neighbourhoods is detrimental.
- Make the Network a fun place to be – by having a sense of belonging we will possibly attract a more diverse group of participants who will be interested in sustaining the network.
- Focus on successes and resilience – network should be a place of celebration and success FUN equals BELONGING!
- Rotate facilitators – network participants take turns planning, hosting, and convening thematically over the year – youth focused, elder focused – with one goal for each convening is on sharing successes.
  Convenings come from a place of where they belong– if we asked an elder to come – let them choose how we will be together. The idea of themes is to give the group focus.

5. Vesa Atanasoff presented the work plan for a community network database. Mapping is important – assets should be mapped – we need to look at wellness across the area rather than focusing on deficiencies as a way of avoiding duplication. United Way is part of the Health and Housing action plan that includes a system mapping approach for all the services in Nanaimo. Network database is not focused on service providers but is focused on mapping our connections by SDOH and SDGs. (Oliver is willing to look at tackling the exercise with the support of other participants). Include a mapping exercise at our next meeting.

6. Request from GWG to have access to Transition Team meetings to avoid duplication and create broader awareness of other network development activities.

7. Dave will ask Karin about Bang The Table, if we are interested in looking at the tool for communication for the network.

8. Next meeting February 22nd (one week delay due to Family Day), March 1st, March 15th, March 29th.

In chat:

- what nations are included in this region and what the geographical boundaries are?
- how can we create belongingness to this network?
- how can we visually map networks?
- how can this be fun?