

Nanaimo Community Health Network

Governance Working Group

Meeting Notes

February 22, 2021

Zoom Meeting

Participants: Lisa Marie Barron, Analisa Blake, Erin Hemmens, Dyan Dunsmoor-Farley, Jane Osborne, Dave Stewart, Oliver Jacobson, Vesa Atanasoff, Jane Vinet

Guest: Jaclyn Ekhert

Regrets: Kim Smyth, Jade Yehia, Christy Wood, Carolyn Sampson, Claudio Aguilera, Brenda Adams, Pam Shaw

1. Territorial Acknowledgments & Check-In
  - a. Oliver introduced the concept of checking in with a Rose/Bud/Thorn – something that has happened to you today or recently, a rose is something good, a thorn - a challenge , a bud – something you're looking forward to.
2. Addition of two new framework elements – Ways to Belong and Ways to Know

**Ways to Belong**

What does the Community Health Network look like and feel like? How will we make it a place to belong?

- The Community Health Network is a system that first and foremost is a place of belonging.
- It is happy, welcoming and individuals can see themselves reflected in others.
- It is a culturally safe space and allows people to show up exactly as they are in their full identity.
- Allows other ways of being to come forward by being brave, resilient, and embracing the discomfort of doing things differently.
- Participants understand and have a reason and a purpose for being a part of the network.
- A key goal of the network is accessibility, and it will support multiple avenues for participation, including support for one-to-one conversations by reaching out and following up outside of the network.
- The network is open to engaging and solving problems that are common to all of us, acknowledging that people have the ability, the right and the capacity to govern themselves.
- The network offers a place to engage in hosting difficult and hopeful conversations within the context that together we can create something more powerful than what we are doing currently, with clear principles and values of respect for each other, of hearing but not translating as a judgement – not to action, but to at least allow people to feel heard. (Do a deeper dive into what the looks like)
- People centred rather than profession centered introductions. “The concept of professionalism is that it is a hiding place for privilege that shuts out the humanity of the people doing the work

as too messy or things shouldn't be discussed here and allowed us to see each other in a very narrow way without seeing the complexity of the group."

- Relationship development is a cultural priority,
- Reduce stigma and racism by creating spaces that are safe for people to fail, make mistakes, and allow people to be vulnerable.
- No one leaves a meeting feeling shame for who they are.

#### **Ways to Know** (Gift of Seeing from Multiple Perspectives)

- Respect individuals' knowledge (The responsibility of the individual as a self-governing autonomous agent to know – individuals do know a lot of things.)
  - Draw on foundational knowledge of place - how the geography in which you live and the physical space in which you conduct yourself, influences, informs, shapes, creates challenges for all of us.
  - Know what was here before settlers came. Acknowledge what was in this space, what could it be in the future, rather than saying "it is what it is."
  - Know our deep history and communicate as a community a shared history that is more robust, and represents all those experiences, to have a place to move forward from.
  - Honour what we do know and acknowledge that there is a lot we do not know.
  - Acknowledge how we show up in a room– we come with more ways of knowing than our titles as professionals, we come as whole human beings.
  - Know by learning, implementing, and supporting indigenous ways of knowing as dual practices and processes to advance and achieve the goals of the network, action tables and coordinating circle.
3. Review of reflexivity and social identify exercise. Jaclyn followed up by asking us the following questions?
    - a. What was your overall experience of the activity? was it challenging? worthwhile? Revealing?
    - b. Did you learn anything new about yourself and the way that you view your work within the governance group? (i.e. did you recognize any biases (good or not so good) that perhaps influence your thinking around certain topics that could be reflective of the social groups you belong or do not belong too?)
    - c. Did the activity help you to consider other perspective/life experiences that the work of the governance group could influence? Considering Two-Eyed Seeing/ The gift of multiple perspectives, how could these perspectives and life experiences help to enrich the work of the governance group (i.e., make it more effective?)
    - d. Moving forward, how can we ensure that we are considering multiple-perspectives and how can we continue to be reflexive in this work?
  4. Discussion topics for March 1<sup>st</sup> review and refinement of purpose, mission, and value statements from 2018 Forum. How to operationalize value statements. How will we measure?
  5. Next meeting Monday, March 1 – 10am to 11:30