



Tamarack Advisory Council Meeting Minutes

Thursday, November 04, 2021 / 5:30 p.m. – 8:30 p.m. / Zoom

ATTENDEES & INTRODUCTIONS	
Members	Donna Kristiansen (Chair), Linda West, Clem Fagnan, Debra Hagman, Candace Pambrun
AHS	Melony Cole-Zettler, Sandra Herritt, Shauna Wallbank, Aaryn Lynham
Regrets	Janet Wilkinson (Vice Chair), Kathy Steyck-Flynn, Liz Krawiec, Shannon Harris
Public	Two
Welcome & Introductions	Donna Kristiansen welcomed all in attendance and went through introductions.
Approval of minutes	September 9, 2021 minutes were reviewed and approved by consensus.
STANDING ITEMS	
Action items from previous meeting	Melony Cole-Zettler to put forward the names of Donna Kristiansen, Chair, and Janet Wilkinson, Vice Chair to the Community Engagement Committee of the Board. Complete.
North Zone Update	<p>Sandra Herritt, Senior Operating Officer, shared the following:</p> <p>A written report was provided with information about workforce recruitment, capital projects and major events and initiatives specific to the local region. She also provided highlights from the North Zone Operational Plan and performance measures and initiatives. An update on COVID-19, the novel coronavirus, was provided. Information on its impact and measures to reduce spread is changing daily. Visit www.ahs.ca/covid for the most up-to-date information.</p>
Community Partners	<p>Holly Handfield, Rural Community Consultant with Rural Health Professionals Action Plan (RhPAP), provided a written report and the highlights include:</p> <p>Upcoming Information Sessions:</p> <p>RhPAP have organized several virtual learning opportunities for rural community members to take part in this fall:</p> <ul style="list-style-type: none"> • November 10th, 2021 - Community ChooseWell Information Session



	<ul style="list-style-type: none"> • November 25th, 2021 - New Ways of Engaging with Our Rural Communities (3 of 3 of the Rural Community Capacity Building Series) • January 20, 2022 – The Action Coalition on Human Trafficking Alberta (ACT) Rural Initiatives and Programming Information Session <p>These sessions are held from 11:00am – Noon on the day that they are scheduled and they are all FREE!! Please visit the events page for more details on each session: RhPAP Events</p> <p>Rhapsody Award winners for 2021 were announced during Alberta Rural Health Week. The winners included:</p> <ul style="list-style-type: none"> • Health-care Heroes: Community Partners in Action, Innisfail and Wabasca/Desmarais Healthcare Centre Nursing Team • Community Award: Tofield, Ryley & Beaver County West • Rural Physician Award: Dr. Kent Bernes of Barrhead <p>Return of Service Program Announcement in March: The Rural Health Professions Action Plan (RhPAP) will administer a new Return of Service Agreement program for the Alberta Government that will help students pay for the costs of medical school. In exchange, students will complete residency training in rural Alberta and agree to practise in a rural Alberta community when their schooling is complete. Details around this program are still being determined and will be shared once they are known.</p> <p>Put on your Perspectacles! – Save the Date! October 4 – 6, 2022 Our Attraction and Retention Conference has been scheduled for October 4 – 6, 2022 in Drayton Valley. We are starting to plan for the event and look forward to sharing updates with you as more information becomes available.</p>
<p>Physician Recruitment Report</p>	<p>Shauna Wallbank, Physician Resource Planner, reported AHS is currently recruiting to the following areas:</p> <ul style="list-style-type: none"> • Barrhead – Three postings; one for family medicine with anesthesia, one family medicine with enhanced surgical skills/obstetrics and one family medicine physician. • Hinton – One posting for a general surgeon. • Swan Hills - One posting for a family medicine physician. • Westlock - Three postings; one for family medicine with enhanced surgical skills/ obstetrics and two family medicine physician.



	<ul style="list-style-type: none"> • Whitecourt –One for family medicine with anesthesia.
Voices of the Community	Gop Majak a member from the Palliser Triangle HAC joined us for the meeting. He really enjoyed the Rural Mental Health presentation and would like it if they could present to his Council.
Council Round Table and Good News	<p>Donna Kristiansen, Council Chair, provided the following update: FASD network has seen an increase in instance in need for rural mental health resources in rural and remote communities. Need for support after hours. Opportunity to connect agencies with agencies.</p> <p>Council members shared the following:</p> <ul style="list-style-type: none"> • Debra Hagman attended the RhPAP session in October on building trusting relations, she thought it was very informative. Mayerthore community hospital manager has left the site and our are is experiencing lots of staffing concerns. • Candace Pambrun shared that there is limited access to online mental health resources, which is especially restricting for the aging population. She has been working with people who don't have email addresses or cell phones and it Is there an addictions worker in hinton? Homeless not getting vaccinated in Hinton because they need ID. She would like to bring the AHS ID clinic to the Tamarack area to support this population. • Clement Fagnan shared that the town of Westlock has built over 1 km of new sidewalks to increase accibility in the community.
NEW BUSINESS	
Presentations	<p>Rural Mental Health Project Jessica Turowski, Project Manager, Canadian Mental Health Association (CMHA) and Charlene Sitar, Community Animator, Hinton Family and Community Support Services (FCSS) presented on the Rural Mental Health Project.</p> <p>Highlights of the presentation:</p> <ul style="list-style-type: none"> • What CMHA does: Build and strengthen community capacity. Catalyze community mental health movements via health promotion, community development, and advocacy. • Catalysts to the Rural Mental Health Project(RMHP) - Stakeholder Roundtable Recommendations include:



- Community-based, innovative solutions, building positive mental health and wellbeing, locally driven priorities, plans, training: no parachuting.
- Goal of the Rural Mental Health Project: To build capacity and support collaborative, mental health action plans that advance rural community mental health and wellbeing.
- What makes Rural Mental Health Project unique? No checklists, no parachuting, no pre-determined programs or behaviour, not individual-focused. Multi-pronged, developmental approach, community-based and collaborative, broader understanding of community mental health.
- If you want to get involved: www.RuralMentalHealth.ca – find the expression of interest form and access training. Stay informed - Sign up for the RMH Newsletter!
- If you want to partner with the RMHP – Contact Jessica - Jturowski@cmha.ab.ca

CMHA does an amazing job making this project achievable for the animators building on community strengths.

The key messages we want community to understand about this project:

1. Get a better understanding of mental health– we all have mental health
2. Every stage of life we have mental health
3. Mental wellbeing is deeply connected to the wider being
4. This program does not guarantee mental wellness

The RMHP uses a mental health continuum model - it's a mental health self assessment, check in for people to know who is struggling. Networking has allowed for a team approach and connect across the province

Questions from Council:

Q. Who would lead this group on my community and what are the qualifications

A. They need to be over 18. Someone who is neutral in the community. No agenda, active listeners.

Q. Are there other communities in the Tamarack area who are participating in this project?

A. There are community animators in Jasper, Hinton, Edson, Whitecourt and Barrhead. All the communities can be found on our main page at <https://ruralmentalhealth.ca/>

Q. Have you engaged the PCNs across Alberta?

Q. Is this the same as the community helpers program?

A. We work in partnership with the community helpers program.



	<p>Q. How would you help someone who needs mental health help?</p> <p>A. We have a list of resources available to help people to reach out for supports that are available.</p> <p>Q. Is there a time commitment for training?</p> <p>A. There are options. Compensate their time by training and 50 hours of facilitating.</p> <p>Or some people are already in paid roles and do this as part of their job, so they can use the microgrant to facilitate programs in their community.</p>
Action	<p>Melony to share Jessicas slides and resources with Council and Sandra.</p> <p>Melony to connect Jessica Turowski with Christine Osunde the Palliser Triangle coordinator.</p>
Date of Next Event	<p>Date: Thursday, February 3, 2022</p> <p>Time: 5:00 – 8:00 p.m.</p> <p>Location: Zoom</p>

Our meetings are open to the public. Dates and locations are [available here](#).
[Find your Health Advisory Council here](#). Visit [Together 4 Health](#) (T4H) to engage with AHS online.