



COMMITTEE MEETING

Thursday, February 20, 2025

SCHOOL BOARD OFFICE - Board Room: 4:15 - 6:00 pm



REPRESENTATIVES	COMMITTEE MEMBERS			
Board of Education	Lisa Guderyan		Wayne Broughton, alternate	
Indigenous Education	Christina Verhagen		Simone Gauthier	
arc programs	Cassy Lukey		Courtney Hannigan	
COPAC	Kristina Grant	Leslie Atwell	Camila Biffard	Nicola Baker, alternate
COPVPA	Robbie Franklin		Kevin Auclair	
COTA	Mary Hope		Lois Aeckersberg	Kevin Robinson
CUPE	George York		Jen Nethercote, alternate	
District Student Council (DSC)	Mila Kresina		Cadence Quigley	
HPS Coordinators	Andrea Locke		Alicia Kudryk	
Interior Health Authority (IH)	Virginia Bowman		Leah Perrier	Adrian Preece (guest)
Child and Youth Mental Health (CYMH)	Ping Flynn		Elizabeth Lindsay	
Sexual Health Educators	Nicole Weremy	Leanne Woodrow	Karen Ellis	Jenny Rabinovitch
				Emily Rice
District Staff	Rhonda Ovelson		Sherri Roche	Amanda Rich
Social Emotional Learning Team (SEL)	Renee Opperman, K-12			

AGENDA

1.	WELCOME & ACKNOWLEDGEMENT 1.1 Setting Personal Intention(s) – Notice It, Name It, Nurture It - In HPS journal, reflected on following questions, Notice it: How are you feeling about tonight's meeting/topic (substance use), Name It: reflect on personal experiences, what aspect(s) of health is/are impacted by substance use? Nurture it: what type of intention(s) might you set for yourself this evening knowing how you are feeling in regard to this topic? Knowing that there are others who may also have been impacted in their personal lives by substance use - Reviewed of our 4 meeting intentions	Rhonda
2.	AGENDA 2.1 Adoption of February 20, 2025 Agenda Adopted by Kevin Auclair, seconded by Nicola Baker	All
3.	MINUTES 3.1 Adoption of November 21, 2024 Minutes We reviewed minutes from the previous meeting and then they were adopted by Jen Nethercote, second by Emily Rice What's to come: Next meeting: Topic of Learning: digital wellness, came from the voice of our HPSC jot thought activity last meeting June meeting: Topic of Learning: Food security, food literacy, new BC food tool kit, came from the voice of our HPSC jot thought activity last meeting	All
4.	SUB-COMMITTEE ACTION ITEM(S) Meeting Intention: <i>to act as a resource for and receive input from the school-based liaison(s) interested in health promotion</i> 4.1 Update(s) on Action Item(s): HPS School Liaison Bulletin Rhonda Ovelson shared reminders about bulletin #9: Substance Literacy and updated the group on bulletin #10, which was sent out end of January - Focus on personal safety, healthy relationships, body science and sexual health - Resources shared; SHEP info page, Personal Safety Kindergarten -Grade 3, Kids in the Know	Alicia

	- Public Health Nursing (PHN) Wellness Clinics for grade 10-12 will be set up in school settings, staffed by 2 public health nurses, 2 half days, twice per month - Next bulletin: Digital Literacy and the following one will be around the BC Food Tool Kit	
5.	DISTRICT HEALTH PROMOTING SCHOOLS PLAN ACTIVATE Meeting Intention: <i>to assist in the implementation, review and evaluation of the District Health Plan (see planning templates: Physical, Mental and Social Wellbeing)</i> 5.1 5+1 Ws Activated thinking around Substance Literacy; reflected on the What, When, Why, Where, How, Who of what we know about substance use of youth in our community. Each person filled out their sheet, were invited to share with their shoulder partner and then out to the group. The Group Shared: - The accessibility of substances and how it is easier to access and try compared to when the adults in the room were youth themselves - The spectrum of use of substances is varied - Connection of trauma/mental health and substance use - The rise of substance use and importance of understanding why Introduction to IH Harm Reduction Team: Adrian Preece, Youth Harm Reduction Coordinator - lives in Vernon, and has worked in the spectrum of substance use for the last 20 years - in 2016 switched to work with Harm reduction focus...substance use deaths was 100-200 ppl/year, and now 6 ppl a day are being lost per day across the province; this sparked the change for Adrian and desire to support around harm reduction - Youth Harm Reduction: focus on age 24 and under, we need different types of interventions for these age groups. - Adrian shared various resources below available to the public and educators: Safety First: Resource for School aged students, available on IH website, 15 lessons, 3-4 foundational subjects. Curricular Aligned Resource including teaching notes, slides and student workbook - Harm Reduction team: the view of ensuring all have access to resources even if they may be using substances - Education Series: 3 sessions targeted for teachers/educators, Thursdays 10-11am. Feb 20, 27, March 6, half the time is content based, and the other half is provided for discussion time; sessions will be recorded, and educators can access these by contacting the Harm Reduction team (email below) Blue Kit Program: Naloxone Kits available to schools, training is necessary. If schools have kits, we need to ensure they are up to date and not expired Youth Harm Reduction 101: 4 parts, takes about 90 minutes and is self-guided. Available to all on IH website: Youth Harm Reduction Tool Kit: section for schools, parents/caregivers. - If there are any ways the youth harm reduction team can support the important work that you are doing with youth please reach out yhrc@interiorhealth.ca - Legal Substance Team: nicotine, alcohol and cannabis; focus on policy, shared evidence-based practices and information sessions Contact: legalsubstances@interiorhealth.ca Suggestions from the HPSC: to offer sessions at Pro D and connect with our COPAC so parents can subscribe to sessions ACQUIRE Meeting Intention: <i>to commit to continuous growth and learning in regards to Health Promoting Schools research and practice</i> 5.2 Learning Presentation – Substance Use Literacy - Alicia presented cards with data from McCreary report (2023) and in groups people were asked to speed sort cards in a variety of ways, purpose was to highlight key data from the report around substance use	Alicia Adrian Cassy & Courtney All

	- Alicia asked what are some "wow's" from the data: 8 years old trying tobacco, the high percentage of youth choosing alcohol, and youth who have used cannabis, 12% of youth using cannabis are using cannabis every day Courtney Hannigan and Cassy Lukey: - Courtney: Targeted Prevention Counsellor (Middle School) age 11-14 - Cassy: Mental Health Clinician at Mount Boucherie Secondary School - They set the tone with thinking back to their own youth and who they were at age 13 and invited committee members to do the same - Committee member got into groups of 2-3 ppl, ranked the activities in the envelope based on priorities from the viewpoint of a teenager, modifiers were phased in and groups re-sorted based on modifiers (for example a youth experiencing cyber bullying may have had video games at top of list and then with the modifier may have then started to avoid that activity) and the activity moved to the bottom of the list). - It was demonstrated that youth presented with different activities may also experience different barriers/accessibility to those activities and connection and belonging are impacted as a result - Discussed how to increase opportunities and work around barriers to support the youth - approach youth with care and awareness of where the youth is at - youth need to think critically about substance use - main takeaway: connection and building relationships with youth so they feel safe and there is someone they can talk to should they have questions and/or need support/help - Rat Park Experiment Everything you think you know about addiction is wrong Johann Hari TED - YouTube - Link to the full Johann Hari video - it is 14mins long but quite powerful - The opposite of addiction is connection - Building Connections to Prevent Addiction APPLY Meeting Intentions: <i>to represent constituent groups by communicating, educating and providing feedback to the committee; role-modeling HPS principles and practices; and, providing leadership and guidance to constituent members to support, participate and contribute to the business of the committee</i> 5.3 Forward Planning - Constituent Group Discussion – reflected on how to raise awareness and understanding around how to talk with children and youth about substance use – reflected on how to raise awareness around available learning opportunities for constituents	
6.	ADJOURNMENT- - Reflecting on Meeting Intentions - Next Meeting Dates: September 26th, November 21st, February 20th, May 8th* note change and June 12th	All