

## Family Advisory Committee – Meeting Notes

**Thursday January 16, 2020 10am to 12 noon**

Location: Oakridges and via Zoom

No.	Area of Focus	Agenda Item	Discussion and Action
1.		<b>Welcome and Introductions</b> —sharing our talents!	Cecilia Remo, Manager Communications joined us for the meeting.
2.		<b>Agenda</b> –Any additional agenda items  <b>Meeting Notes</b> –approval of November 2019 meeting notes	No additional items.  Meeting notes approved.
3.		<b>Standing item:</b> Successes and Challenges	<u>Challenge:</u> issue raised re: the day program STEER. Condo board declined lease renewal. Issue of discrimination. Fortunately have a new home in Stouffville –great location. Group had thought about a human rights complaint but no energy for this right now. Discussion followed as to how discrimination still exists. Important to build strengths in children and youth –adults can be wrong, can be mean.  <u>Success:</u> one parent shared that her teenage son participated in his first IPRC meeting –planning for grade 11. He came to the meeting with expectations and the ability to share what courses he wanted to take. Discussed how engaging youth in these types of discussions is very important. Parents are often

			<p>uncomfortable and do not always know that it is possible to have their child participate.</p> <p>Ideas for a webinar/workshops –teaching your son – importance of youth to know themselves, preparing families. Sharing the diagnosis. Maybe do a Facebook postings, making or a “ Do you think your kid is ready?” –article. How to involve your child in decisions. How to involve your child in making decisions, in the IEP process.</p>
4.		<p><b>Updates:</b></p> <ul style="list-style-type: none"> <li>• Strategic Update</li> <li>• Work Shops/Family events</li> <li>• Speaker’s Group</li> <li>• FAC video’s</li> <li>• Graduation –beyond High School</li> <li>• Meeting Notes –display on website</li> </ul>	<p><u>Strategic Update:</u> Explained new format for Corporate update –now Strategic Update. Shared at various tables including Board of Directors, Systems Operations and FAC.</p> <p><u>Work Shops:</u></p> <ol style="list-style-type: none"> <li>1. Chai and Chat –Community Living York South0-Jan 28 Vaughan site – R takes lead</li> <li>2. Some holes in training—rare disorders – recruiting now –6 mentors – hosting a Simcoe and York mentor training.</li> <li>3. Working with Empower Simcoe to offer a Respite workshop webinar –</li> <li>4. School IPRC IEP –how to involve your child</li> <li>5. Early Intervention–transition to JK.</li> <li>6. Working session – All About Me.</li> <li>7. Sib Shops –Barrie in February</li> </ol> <p><u>Speaker’s Group:</u> Nothing new to report. Michelle to bring back.</p> <p>FAC Videos: want to re-shoot the one that was done to make it less formal. Suggestions: maybe have more people involved in the discussion –maybe use a coffee chat format to make it less formal.</p> <p><u>Graduation:</u> need to see the number of youth we have graduating each year – challenge to pull the</p>

			<p>numbers.</p> <p><u>FAC Article</u>: meeting notes are now more anonymous for the website. Heather looking to who might have stories to share on the site about FAC.</p>
5.		<p><b>CTN's Annual General Meeting: ideas and thoughts for 2020</b></p>	<p>Cecilia led the discussion regarding CTN's 2020 AGM.</p> <ul style="list-style-type: none"> <li>• want to build on 'What I Want You to Know'</li> <li>• discussed mental health and the importance of mental health for the caregivers</li> <li>• see service providers as allies in ensuring good mental health and helping to identify issues</li> <li>• families already know about the risks to their mental health; need allies to help access the services that help families such as respite</li> <li>• Holland Bloorview has done some work in this area</li> <li>• Important to differentiate between mental health and mental illness</li> <li>• Simple as asking "How are You?"</li> <li>• good for families to hear that a parent did struggle but that they dealt with it ; that there is help and that there is something that people can do</li> <li>• perhaps a panel discussion –nice chairs with a less formal feel</li> <li>• Have a variety of topics for family to discuss. FAC could be involved in advising the group.</li> <li>• could include a question on how can we work effectively with providers. What can providers do to support families?</li> <li>• Awards –consider awards for youth/graduates/volunteers to increase the level of family attendance</li> <li>• ? having an inclusive BBQ with children and families –need to think of what is in it for families. Have the BBQ and then the business meeting following – anyone can join</li> <li>• Dance Party—families bring children/youth</li> <li>• Think of the location –Country Club may discourage people -?Richmond Green or Springwater park</li> </ul>

			<ul style="list-style-type: none"> <li>• Need to remember accessibility</li> </ul>
6.		<b>Mental Health of Parents – Discussion</b>	<p>The discussion re: mental health was woven in to the discussion related to the AGM and the importance of this topic to families.</p> <p><a href="https://www.hollandbloorview.ca/stories-news-events/BLOOM-Blog/parents-kids-chronic-conditions-have-poorer-mental-health-review">https://www.hollandbloorview.ca/stories-news-events/BLOOM-Blog/parents-kids-chronic-conditions-have-poorer-mental-health-review</a></p>
7.		<b>Updates from Other Committees and Community Activities</b>	<p>Markham Accessibility Committee: update received. Committee is looking at how to help community to meet AODA standards.</p> <p>Ability Tax Credit Task Force –many people are applying.</p> <p>Community Living York South – looking at a family portal to access information. Life stage approach to services and information.</p>
8.		<b>Next Meeting</b> February 20, 2020 10 – noon Oakridges' Boardroom	<u>Future Agenda Topics</u> : Recruitment, Speaker's Group, Marisha –evaluation.