

**Thursday February 20, 2020 6:30 to 9pm by Zoom videoconference**

Location: Oakridges and/or via Zoom

Chair: Rahila Chughtai Vice Chair: Laura Meffen

Participants: Lisa Spencer, Madeline Danby, Kim Hesketh, Karen Steele, Heather Hamilton, Michelle Biehler

No.	Agenda Item	Discussion
1.	<b>Welcome and Introductions</b> —sharing our talents!	Committee welcomed Anchel Krishna, CTN Director of Strategy, Communications and Engagement
2.	<b>Agenda</b> –Any additional agenda items  <b>Meeting Notes</b> –approval of January 16, 2020 meeting notes	Additions to the Agenda: <ul style="list-style-type: none"> <li>• F-Words and Youth</li> <li>• OTF Recognition event</li> </ul> Agenda approved with the additions.  Meeting Notes for January 16, 2020 approved.
3.	<b>Standing item:</b> Successes and Challenges	<p><u>Challenge:</u> discussed the impact of puberty on various conditions and the importance of families being made aware of this.</p> <p><u>Challenge:</u> looking for clarity re: access to CTN Augmentative Communication Service (ACCS). CTN's ACCS is a consultative service to the Board SLP's. Board SLP's may also refer students to CTN's SLP services as part of School Based Rehabilitation. To be eligible students must have moderate to severe motor speech, fluency of voice issues. All other students are seen by the school board SLP's. There was a question as to whether the Ontario Health Teams or the LHINs were part of this. The LHINs are no longer providing SBRS to publically funded schools. That service transitioned to the Children's Treatment Centers January 2019.</p> <p><u>Success:</u> Chai and Chat. Partnership with Community Living York South. Spearheaded by Rahila. 14 parents participated. One parent received support from others after being quite reluctant to share her story. Group will be continuing as families recognized the value of meeting other parents. Asking for information on funding, school process. Heather involved in helping to set up.</p> <p><u>Challenge:</u> One member identified the shortage of residential care for young adults with medical and developmental complexities. Some young adults are living in long term care homes.</p>
4.	<b>Updates:</b> <ul style="list-style-type: none"> <li>• Training</li> <li>• Speaker's Group</li> <li>• Graduation – beyond High School</li> <li>• Meeting Notes – display on</li> </ul>	<b>Training:</b> <ul style="list-style-type: none"> <li>• CTN has been putting together a presentation for families to attend following their diagnosis of autism by CTN's DACS team. The first presentation to families is scheduled for the end of March. Hoda has been helping with the presentation.</li> <li>• Heather and Kim are working on how the OT/PT summer events and the family park events could be combined.</li> <li>• School Readiness presentation in the spring with York Early Interventionists</li> </ul>

	<p>website</p>	<p>to assist families with the transition to school.</p> <ul style="list-style-type: none"> <li>• Karen informed the group that she will be attending a session called Breaking barriers by a group in Mississauga Learning Forward Ontario. Karen will share the information with the group.</li> </ul> <p><u>Speaker's Group</u>: continues to be in the preliminary stages of planning. Anchel raised issue of how do we get the voices involved that we tend not to hear from? One thought is to have Service Navigators reach out to families to share their experience.</p> <p><b>Action: Michelle/Anchel</b> to meet and develop outline for potential program. Bring back to FAC at a future meeting.</p> <p><u>Graduation</u>: Michelle has identified 1200+ over the age of 18 with a shared record file. This will require a deeper dive—clients who are involved with CTN core services and have a long history with CTN, staying in school beyond 18 possibly up to 21. Michelle will bring back more information. Other discussions –Best Buddies Prom, the event or recognition is for the family too, would help us to identify alumni and facilitate re-union post school exit. <b>Action: Michelle</b> to bring back additional information related to the number of clients with CTN services/relationships and still in school post 18 years.</p> <p><u>Meeting Notes</u>: Michelle asked whether the notes were appropriate for display on the website. Heather demonstrated where and how the notes are displayed on the site now. Agreement that we would have a Committee and Web version of the meeting notes. Web version would only say Volunteer member instead of the parent or youth's name. it is important to outline the issues and the role volunteer members play in bringing issues forward and also in CTN activities. <b>Action: Michelle/Heather</b> revise January notes for posting-remove names. Include staff names since they are already public. Purpose of posting is to be transparent and to show others how they can be involved –trying to de-mystify.</p>
<p>5.</p>	<p><b>CTN's Annual General Meeting(AGM):</b> Follow up on discussion from January Meeting.</p>	<p>Anchel led the discussion about CTN's upcoming AGM.</p> <ul style="list-style-type: none"> <li>-Anchel shared that the CTN Board of Directors liked the idea of focusing on mental health, how we take care of ourselves as per last month's FAC discussion.</li> <li>-would like to focus the event on children, youth and families.</li> <li>-things we all do to support our mental health.</li> <li>-nothing to stop us from hosting a similar discussion at another time of year if we don't get families attending.</li> <li>-also provide streaming on night of the event to get more people participating</li> <li>-looking to a different venue – versus a golf course –something more family friendly.</li> <li>- FAC to assist with speakers, submission of questions ahead of time.</li> <li>-will continue to build on the <i>What I Want You to Know</i> theme.</li> <li>-members want to ensure that the session does not perpetuate the idea that children are a burden. Facilitator can guide this.</li> <li>-talk about wellness vs self-care; allow people to talk about what wellness means to them. How can a provider contribute to a parent/family's wellness?</li> <li>- maybe host a panel of parent, youth, sibling, child—share their experiences.</li> </ul>

		<b>Action: Anchel to bring back an outline with some sample questions to ask the panelists.</b>
6.	<b>Mental Wellness – Building on our January Discussion</b>	<p>Laura shared that Sunnybrook has a caseworker who provides Family Navigation for clients aged 13-26 years. Service is for families in the GTA including York. Role is to facilitate connections. Focus is on mental health for youth. Karen and Susan Scott (CTN Service Navigator) will be attending a conference on Service Navigation at Sunnybrook later this year.</p> <p>Also discussed Bell –Let’s Talk – website does provide resources and kids helpline</p> <p><b>Action: Michelle to follow up with Bell Lets Talk. Karen to connect with Sunnybrook Service Navigator and see if a presentation to FAC would be possible.</b></p>
7.	<b>Supporting Self Advocacy in Children and Youth – discussion on next steps</b>	<p>Group talked about the value of All About Me books and youth participating in the creation of these books. Discussed idea of hosting a workshop focused on creating one. Could also look at drafting a self-advocacy letter to next year’s teacher.</p> <ul style="list-style-type: none"> <li>- Who could provide this type of workshop?</li> <li>- Sounds like it would align with 6F’s</li> </ul> <p>Heather shared that the Youth in Charge program helps teens to work on self-advocacy skills by doing activities such as mock interviewing. Maybe these teens could volunteer and help lead the group?</p> <p>Important to share with parents the importance of developing self-advocacy skills. Should start early in helping children to tell their own story. This would be a way of taking control.</p> <p><b>Action: Group will look at how we can plan for this type of workshop; source out speakers/facilitators</b></p>
8.	<b>Empower Kids Ontario (EKO)Spring Conference</b>	<p>Empower Kids Ontario (used to be OACRS) is holding a spring symposium this year March 30, and 31. In the past they have sponsored a family member /Children’s Treatment Centre (CTC). Lisa is attending and will be presenting with Kim re: the new OT/PT model. Heather, Niki and Michelle will be attending and presenting information re: the Family Resource Program.</p> <p><b>Action: Michelle to follow up with EKO to see about sponsorship. FAC family members to email Michelle if they are interested in attending. Information about the conference is on the EKO website.</b></p>
9.	<b>Updates from Other Committees and Community Activities</b>	<p>The Markham Accessibility Committee is looking at transit and the experience of individuals accessing public transit in York Region.</p> <p><b>Action: Forward any stories or experiences to Laura who will share with the committee.</b></p>
10.	<b>OTF Recognition Event</b>	<p>CTN is looking at recognizing OTF at the Simcoe Information Fair on April 25<sup>th</sup>. Heather will be looking to mentors to attend the presentation and provide support. MPP’s will be invited.</p>
12.	<b>F Words</b>	<p>Kim and Heather are working with CanChild on a grant application. The project will look at the impact of the F Words on youth. They hope to bring youth together to ask questions and complete profiles.</p>
13.	<b>Next Meeting: Discussion re: March 19, 2020 meeting</b>	<p>The next meeting is scheduled during March Break.</p> <p><b>Action: All members to let Michelle know of their availability for either a day time of evening zoom meeting.</b></p>