

**Community 2
Community
Webinar**

We will be getting started at 10:00 AM (PST).
To check your audio click on *Speaker/Microphone Setup*
under the three dots in the top right of your screen.

JUSTICE INSTITUTE
OF BRITISH COLUMBIA

Emergency
ManagementBC

Webinar 3

**Community 2
Community
Webinar**

**ESS and Community
Networking**

JUSTICE INSTITUTE
OF BRITISH COLUMBIA

Emergency
ManagementBC

Webinar 3

EMERGENCY SUPPORT SERVICES



We respectfully acknowledge the
Justice Institute of British Columbia's
New Westminster campus is located on the
unceded traditional territories of the
Qayqayt, Musqueam and Central Coast Salish
Peoples.

JUSTICE INSTITUTE
OF BRITISH COLUMBIA

Emergency
ManagementBC



Welcome

- Webinar Recording
- How to Ask Questions
- Webinar Purpose:
Community 2 Community sharing of ESS experiences & wise practices
- EMBC Welcome
Cari McIntyre, A/Training Officer

JUSTICE INSTITUTE | Emergency Management BC



Agenda

1. Welcome
2. Participant Poll
3. Presentations
4. Questions & Answers
5. Closing Remarks
6. Feedback Poll

JUSTICE INSTITUTE | Emergency Management BC



Participant Poll

JUSTICE INSTITUTE | Emergency Management BC

 **Today's Presenters**



Dave Dickson
Director of ESS, City of Williams Lake
& Cariboo Regional District





Margaretha Lundh
Manager, Provincial Psychosocial Program
HEMBC PHSA








**Emergency Support Service &
Community Networks**



Situation created in the Wildfires

- The entire City of Williams Lake evacuated for 12 days – No damage to any property
- Many of the small communities - Wildwood - 150 Mile House - Miocene - Rose Lake - Springhouse - Soda Creek within the CRD also evacuated
- 185 +/- homes/structures damaged within the CRD
- Loss of marketable timber, grasslands for grazing cattle
- Loss of Indigenous cultural activities as well as their hunting cabins
- Well being of the community members
- Employment opportunities

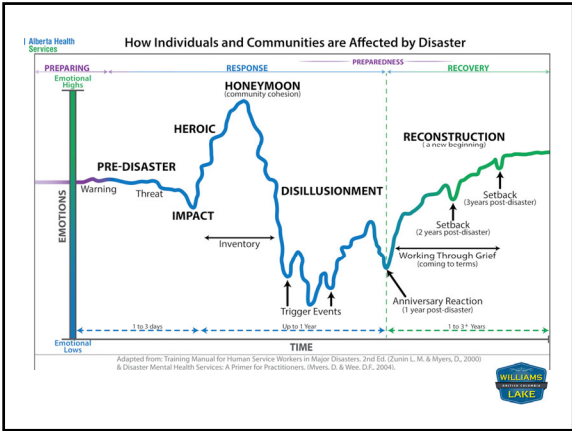




Support received to community

- Mennonite Central committee
- Mennonite Disaster Services
- Samaritans Purse
- Canadian Red Cross
- Salvation Army
- Province of British Columbia
- Government of Canada
- Amazing communities members






Are you feeling Overwhelmed, stressed, feeling lost
Would you like someone to talk to?

HEMBC

Look for a DPS Volunteer in a Purple Shirt

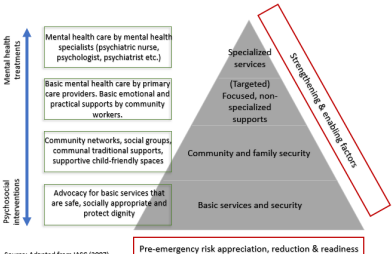
Provincial Health Services Agency
Health Emergency Management BC

Wellness Recovery also needs to be a Community effort



HEMBC
Health Emergency Management BC

Mental health and psychosocial support (MHPSS) Intervention pyramid



HEMBC
Health Emergency Management BC

STRONG ENOUGH
Building mental wellness & community resiliency together

5 FOCUSED SESSIONS
(All sessions are free)

Monday June 4th
2pm-4pm: Business Owners, Managers, HR - The Pioneer Complex
7pm-8:30pm: Parenting Anxious Children - Cariboo Bethel Church

Tuesday June 5th
10am-12pm: Mental Health Professionals Focus - The Pioneer Complex
12pm-4pm: Indigenous Focus - The Pioneer Complex
7pm-8:30pm: Community, all welcome - Cariboo Bethel Church

FEATURING
Dr. Kristin Bahr, Registered Psychologist and Director at the North Shore Stress and Anxiety Clinic. She is a lead consultant for AnxtyBC (www.anxtybc.com), where she has developed numerous self-help resources for adults, parents, children, & teens coping with anxiety problems, including MindShift, an anxiety management app for youth & young adults. Dr. Bahr specializes in the evidence-based treatment of anxiety & mood disorders in adolescents & adults, & regularly provides educational workshops on mental health issues.

JOIN US TO LEARN ABOUT:

- Removing barriers of stigma and fear to address mental health needs after trauma
- Understanding and normalizing anxiety and developing strategies to manage stress in the workplace
- Equipping care professionals with tools to further their practice with clients.


HEMBC
Health Emergency Management BC







The most important gift to give



HEMBC

Provincial Health Services Authority
Health Emergency Management BC

Fires, floods, slides, mill closures, Covid 19 ...



HEMBC

Provincial Health Services Authority
Health Emergency Management BC

BC Mental Health & Wellness Recovery Toolkit

- Activation of community-led support in chronological order / phases
- Mental Health and Wellness Recovery Phases 1 – 4
 - Phase 1: Immediate Days Post Disaster (*Mental Health and Wellness Working Group guides are embedded*)
 - Phase 2: Short term (1 – 6 months post disaster)
 - Phase 3: Medium term (7 – 12 months post disaster)
 - Phase 4: Long term (12 – 36+ months post disaster)
- Annexes:
 - Provincial Structure
 - Communications Strategies
 - Assessment summary and planning tool
 - Household status and wellness assessment (EMBC/GF)
 - Resources

HEMBC

Provincial Health Services Authority
Health Emergency Management BC

Going Forward **HEMBC**

Copies of documents

- Toolkit is available from Margaretha
- Lots of Crisis Line posters and cards available upon request

Review and Consider

- Contextualize - how can you apply the toolkit in your community
- Plan before an event with local organizations
- Reach out / consult with other communities

Next steps / Future collaboration

- More training Red Cross, CMHA, HEMBC, on-line courses
- Hope to provide SPR / Wellness Skills training
- Encourage communities members to reach out for support
- More voices / collaboration at the Provincial table

Provincial Health Services Authority
Health Emergency Management BC

Resources **HEMBC**

If you're feeling

Bounce Back® can help!

Life can get on top of us all at times due to work related issues, family worries, sleep difficulties or physical health problems. Bounce Back aims to be an empowering and practical way of learning key life skills that can boost your mood and help you turn the corner. Bounce Back uses resources based on the proven cognitive behavioural therapy (CBT) approach.

Provincial Health Services Authority
Health Emergency Management BC

LIVING LIFE TO THE FULL **HEMBC**
helping you to help yourself **Currently FREE**
<https://livinglifetothefull.ca/find-a-course/>

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19> <https://cmha.bc.ca/covid-19/>

BounceBack® On-line/Phone Coaching
reclaim your health for Depression

FNHA / Indigenous Services Canada – Indigenous Community Support Fund which includes mental health assistance support

WELLNESS TOGETHER Canada <https://ca.portal.gs/>
 Mental Health and Substance Use Support **Resources and an on-line *personal assessment tracking**

Provincial Health Services Authority
Health Emergency Management BC


Contact Information **HEMBC**

Disaster Psychosocial Services and Provincial Overdose Mobile Support Team Information (MRT)
<http://www.phsa.ca/our-services/programs-services/health-emergency-management-bc/disaster-psychosocial-program>

Request DPS Services for deployment
 250-686-6061 or email hth.dutyofficer@gov.bc.ca
 Mobile Response Team call **1.888.686.3022** or email MRT@phsa.ca

Request Psychological First Aid (PFA) Training
dpsprogram@phsa.ca

Provincial Health Services Authority
 Health Emergency Management BC



WILLIAMS LAKE **HEMBC**

EMERGENCY SUPPORT SERVICES **Questions & Answers**



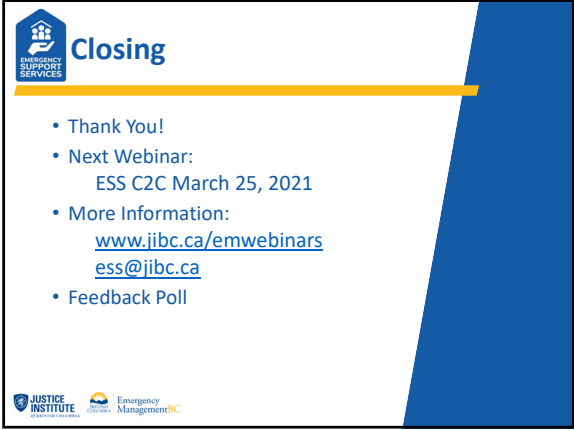
Dave Dickson
ddickson@williamslake.ca





Margaretha Lundh
Margaretha.Lundh@phsa.ca





EMERGENCY SUPPORT SERVICES

Closing

- Thank You!
- Next Webinar:
ESS C2C March 25, 2021
- More Information:
www.jibc.ca/emwebinars
ess@jibc.ca
- Feedback Poll

JUSTICE INSTITUTE **Emergency Management BC**



EMERGENCY SUPPORT SERVICES

Feedback Poll

ESS

JUSTICE INSTITUTE **Emergency Management BC**
