



**Regional Catholic Parent Involvement Committee
Wednesday, June 17, 2020 ♦ 7:00 pm
Microsoft Teams**

- Present:** Colin Phee (Chair), Bill Acres (Principal – Sacred Heart, Paris), Luc Bertran (Vice-Principal – St Joseph’s), Caroline Blair, Lindsay Blasdell (Secretary), Orazio Caltagirone (Principal – St Frances Cabrini), Holly Colaiacovo (St Leo), Robert De Rubeis (Superintendent of Education), Michelle Dreyer (Our Lady of Providence), Megan Flexman, Mary Fritz, Heather Graham (Principal – St Joseph’s), Heather Knill-Griesser (Principal – St Bernard of Clairvaux), Charmaine Hanley (Principal Lead – Christ the King), Christal Maguire (Resurrection), Ashley Malo (St Joseph’s), Lori Martisius (St Leo), Alysia Mattiuz (Notre Dame), John McDermid (Principal – Holy Cross), Jennifer McLaren-Gibbons (Principal – St Leo), , Lorraine Purgret (St Frances Cabrini), Anita Santos (Holy Trinity), Lorrie Temple (Superintendent of Education), Greg Wilson (Assumption), Christine Yeoman
- Guest(s):** Brook Gardner (Woodview Mental Health and Autism Services), Heather Rosser (Social Worker), Dianne Wdowczyk (Mental Health Lead), Jessica Zelem (Haldimand-Norfolk REACH)
- Regrets:** Carol Luciani (Trustee), Stéphane Rouleau (Co-Chair)
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1. Welcome and Opening Comments

Superintendent De Rubeis welcomed all guests and participants to the meeting.

2. Opening Prayer

Charmaine Hanley, Principal RCPIC Lead from Christ the King School, led the group in the opening prayer.

3. Greetings from RCPIC Chair, Colin Phee

Chair Phee thanked the group for taking the time to participate in the virtual meeting. He shared that he has been a member of the RCPIC team for the past four to five years. He also thanked the Board for their recognition of the Grade 8 and 12 graduates for the 2019-20 school year and during these unprecedented times.

4. Community Mental Health Services for Children, Youth and Families

Superintendent De Rubeis introduced and welcomed Dianne Wdowczyk, Mental Health Lead, to the meeting. Dianne thanked group members in attendance. Dianne informed members that they would be provided with resources to have for the summer months to assist with mental health and well-being. She shared that knowing when to reach out is the best way to support your child, recognizing when they are struggling and knowing where to get help. Dianne introduced and welcomed presenters, Brook Gardner from Woodview Mental Health and Autism Services and Jessica Zelem from Haldimand-Norfolk REACH.



4.1 Jessica Zelem, CYW, RP, In Home Intervention/Child and Youth Crisis Worker - Haldimand-Norfolk REACH

Jessica shared that Haldimand-Norfolk REACH is a multidisciplinary agency offering mental health services, servicing children from 0 to 18 years of age, as well as transition to adult services. There are no referrals required to obtain services from their agency. They offer child and youth crisis services where callers will receive immediate telephone support and follow-ups with a crisis support worker as required (see Appendix A).

Other counselling services available are:

- Counselling every Tuesday at Haldimand-Norfolk REACH, call in from 9 am to 3 pm, 55 min therapy sessions
- Clinical and CYW programs
- Discovery appointments
- Partnership therapy and skill building programs, 8 to 12 sessions
- Long term services that include in-house programs, now conducted by the phone or video conference due to pandemic

Jessica concluded her presentation by answering a few questions by group members.

4.2 Brook Gardner, Program Manager – Woodview Mental Health and Autism Services

Brook began by acknowledging a few community partners and to ask that the contact numbers be included in meeting minutes for members' references (see Appendix B). Currently St Leonard's are offering virtual and phone call services. Woodview is in the process of creating a region-wide return to work document. They offer a wide variety of services for children and youth facing mental health challenges and for those of all ages diagnosed with Autism Spectrum Disorder (ASD). Brook invited members to visit their newly designed website at: <https://woodview.ca/> where they post a wide range of interesting resources for families, educators and all.

Brook updated that Woodview now offers Virtual 'Walk-In' Clinics for children, youth, and families (see Appendix C). Woodview in the Square is now being offered virtually and is open to youths ages 12 and up on Friday's from 5 to 7 pm. The virtual meetings are offered through Zoom meetings and offer games and assist youth feeling engaged instead of isolated during the pandemic (see Appendix D). Brook shared the June Calendar for Woodview in the Square to participants (see Appendix E).

Brook responded to a few inquiries by the group.

Dianne thanked Jessica and Brook for sharing their information and reminded the group that no matter who is contacted during crisis, they are always there and will help link you to services in your area.



5. Student and Parent Mental Health – Promoting Well-Being Over the Summer – COVID Style

5.1 Dianne Wdowczyk – Mental Health Lead for the Board

Dianne welcomed Heather Rosser, MSW for the Board. Heather works predominantly out of Holy Trinity Catholic High School in Simcoe and the Haldimand-Norfolk area. The Ministry of Education recognized that this year is a different time, and they are now able to work over the summer months to provide the continuity of care for students.

Dianne shared that statistics currently are showing a 45% increase in stress for youth, not accounting for the current pandemic. With the increase in stress in children, Dianne offered to equip parents with strategies to work with stress and build resiliency in our youth while promoting self-mental health. Dianne remarked to be aware of the language that parents use, and rather than “social distancing” to consider “physical distancing” and the importance of kids still socializing with peers during this time. She encouraged parents to consider physical exercise and our spiritual connection to our Faith to promote wellness.

Dianne spoke to the group about resiliency and the ability to bounce back due to current changes. The importance of building strong relationships during this time as educators, parents and children all have experienced a sort of grieving process from the pandemic. She shared that all parents are facing more screen time with their children due to employment and school and the importance of scheduling time with each child and enjoying their time with their children.

5.2 Heather Rosser, MSW for the Board

Further to Dianne’s update, Heather reiterated the importance of staying connected with our children and how we are all impacted and the significance for adults to stay connected as well. Heather focused on taking the time to listen to our children and paying attention to what they are saying as they may also be feeling frustrations and to validate the feelings they are experiencing. Heather encouraged parents to be respectful and model the respect to our children and continue to give them the space to express how they are feeling and challenges they are facing. Dianne added the importance of the power of apologizing, that we will all have good and bad days, and being mindful of modeling healthy and respectful behaviours to our children as we are their role models.

Heather provided an update on the different types of parenting, for example, authoritarian; no room for negotiation and laissez-faire, where not a lot of guidance is being provided. Heather encouraged parents to help their children understand the “why” and recognize consequences to help our children make independent decisions.

Dianne concluded that she would share out to the group a [Guide to Disaster Recovery for parents and caregivers provided by the Canadian Red Cross](#)

6. Closing Remarks/ Adjournments

Superintendent De Rubeis thanked members and guests for their continued support and for taking the time to attend the meeting. He provided tentative dates for the upcoming 2020-21 school year as follows:



**Brant Haldimand Norfolk
Catholic District School Board**

Minutes

Catholic Education Centre
322 Fairview Drive
Brantford, ON N3T 5M8

- November 4, 2020
- January 21, 2021
- April 21, 2021
- June 9, 2021

The meeting adjourned at 9:05 pm.

Next Meeting: Wednesday, November 4, 2020, 7:00 p.m. – Microsoft Teams