



CANAA Breakfast Meeting

Thursday, January 28, 2021

9:00 am to 10:00 am

Virtual Meeting via Zoom

Minutes

Members Present:

Regional Integrated Care
 Centre de santé communautaire de l'Estrie
 Situation Table
 Inspire Community Support Services
 Inspire Community Support Services
 Centre York Centre
 Youth Now
 Seaway Valley Community Health Centre
 Seaway Valley Community Health Centre
 S.D.&G. Legal Clinic
 Cornwall Police Service
 Big Brothers Big Sisters of Cornwall & District
 Canadian Red Cross
 Children's Aid Society of S.D.&G.
 Naomi's Family Resource Centre
 Fem'aide
 Maison Baldwin House
 Sexual Assault Support Services of S.D.G.&A.

Josée Cotnam
 Ivan Labelle
 Elyse Lauzon-Alguire
 Farhana Meghji
 Roxanne Regnier
 Ashley Walker
 Alanna Wall
 Linda Rodgers
 Michaela McCabe
 Patti Carson
 Patrick Huygen
 Ron Graham
 Shelley Roy
 Cassondra Wheeler
 Deborah Thomson
 Caroline Brunette
 Danielle MacNeil
 Sharon Ellis-Hamill

CANAA Coordinator/Recording Secretary:

Stephanie Nalepa

Co-Chairs:

Inspire Community Support Services
 Youth Now Connections/Youth Now Canada

Farhana Meghji
 Alanna Wall

Treasurer:

Situation Table

Elyse Lauzon-Alguire

Guest Speaker:

Drug Awareness Group

Nikolas Hotte

Regrets:

Akwesasne Community Justice Program
 Probation Services
 Youth Now

Troy Francis
 Lamba Karitsiotis
 Kim Hayward

1. Call to Order / Welcome at 9:05 a.m. – Farhana welcomed everyone to the meeting.

2. Roll Call and Round Table Introductions – All present were asked to introduce themselves.

3. Adoption of Agenda

Moved by: Ivan Labelle
Seconded by: Elyse Lauzon-Alguire
It was resolved that the agenda be accepted as presented.
CARRIED.

4. Approval of Minutes

4.1 Minutes from Breakfast Meeting dated December 10, 2020

Moved by: Elyse Lauzon-Alguire
Seconded by: Alanna Wall
It was resolved that the Minutes of December 10, 2020 be accepted as presented.
CARRIED.

5. Budget (April 1, 2020 – January 28, 2021)

The following was reported by Elyse:

Source	Grant/Income	Revenues Y-T-D	Expenses Y-T-D	Balances
MCCSS (annualized funding)	\$24,813.38	\$20,677.81	\$13,395.63	\$11,417.75
CANAA Bank Account	\$8,846.34 (Opening Balance)	\$2,650.00	\$1,329.25	\$10,167.09

Moved by: Ivan Labelle
Seconded by: Shelley Roy
It was resolved that the Budget be accepted as presented.
CARRIED.

6. Project Reports

6.1: Diversity & Inclusion Workshop – Part II

We have spoken with Annemarie and have scheduled to have a Part II Workshop for March 31, 2021. This Workshop will focus on the following topics: Unconscious Bias and Power/Privilege. More details to come!

7. New Business

7.1: Upcoming Meeting Dates

- Thursday, March 11, 2021 – Breakfast Meeting
- Wednesday, March 31, 2021 – Diversity & Inclusion Workshop Part II

7.3: Vouchers/Merchandise

- Available:
- CANAA pens
 - CANAA post it notes
 - CANAA calendars
 - Grocery cards (\$25 each): 16 remaining
 - Gas cards (\$25 each): 10 remaining

- Bus tickets (10-ride sheets): 19 remaining
- Thrift Store cards (\$10 each): 15 remaining

8: Guest Speaker

Nikolas Hotte

Topic: Drug Awareness Group

Nikolas shared a PowerPoint presentation with the group about the Drug Awareness Group. The Drug Awareness Group (DAG) is comprised of more than 20 organizations that operate in eastern Ontario, from various sectors such as: law enforcement, EMS, acute care, primary care, public health, addiction services, social services, etc. The DAG's main objectives are to share information and monitor key indicators regarding drugs in our communities, as well as prepare for opioid overdose cluster emergencies. Nikolas discussed the following:

- Issues have been more severe since the pandemic, with a spike in October.
- Opioids are a narcotic pain medication. There are three different types:
 - Natural
 - Semi-synthetic
 - Synthetic
- Everyone is encouraged to clean out their medicine cabinets and return any unused or expired medicine to a local pharmacy.
- Risk factors for opioid overdoses include:
 - Patient factors:
 - Loss of tolerance/no tolerance
 - Other medical problems
 - Using alone
 - Drug factors:
 - Potency
 - Contaminants
 - Routes of administration
 - Polysubstance use
- Four factors that are associated with youth substance abuse:
 - Access/availability
 - Lack of parental monitoring
 - Peer influence
 - Unstructured time
- Substance use prevention
 - Educate
 - Communication
 - Be engaged
 - Clear expectations
 - Positive role model
- Harm reduction is meeting people where they are at. Emphasis on calling 911 if any issues arise and getting a naloxone kit. Naloxone is an antidote to an opioid overdose. They can be found at the EOHU and many pharmacies. CANAA has worked with Kent Guindon, from Respect RX Pharmacy,

in the past. He is more than willing to provide training and kits to any individuals or agencies. He can be contacted at 613-209-7778 or kquindon@respectrx.ca

- Addiction Treatment Services:
 - CCH Addiction Services and Community Withdrawal Management
 - Change Healthcare
 - HGH Addiction Services
 - Recovery Care

Questions:

1. Are you seeing a rise of drug use within typically uncommon groups? No information at this time, but will share anything he comes across.
2. Are there any increased needs specifically due to COVID? There are currently issues with needle supply (National issues) and there is always a need for more reduction and addiction services.

Nikolas's contact information:

- Eastern Ontario Health Unit
- 613-764-2841 ext. 2262
- nhotte@eohu.ca

Presentation slides have been shared with the membership. The members thanked Nikolas for his presentation and time.

9. Extra Funding Ideas

- LSCSI Workshop – Elyse
- Vibrant Communities partnership (ie. Community Safety and Well-Being Plan) – Elyse
- Support the local Situation Table as this is a type of prevention initiative. The Situation Table also assists with service system coordination, strengthening partnerships and build community linkages. – Elyse
- Use funds to create a community emergency resource fund to support families in need – Elyse
- The Legal Clinic is working on a project to set up a “Tenant School” this is a group where people both learn about their rights and responsibilities and the law and learn advocacy and community development skills – to support each other and other tenants. This has been expanded by other clinics as a Speaker school- which helps folks do the same around other issues- like income support and violence. - Patti

10. Swag/Merchandise

- Spray hand sanitizer
- Flashlight
- Face mask lanyard
- Earbuds
- Tech cleaning cloth
- Other suggestions included face masks and fidget spinners

11. Information Sharing

- **Centre de sante Communautaire de l'Estrie:** There is a Bell Let's Talk virtual event happening January 28, 2021. If interested, tickets are still available through Eventbrite.
- **Centre York Centre:** Ashley reminded members that CYC in Cornwall and Hawkesbury are open and are offering their regular services. Please call or email them for more information.
- **Maison D'amitie and Fem'aide:** They offer their services 24/7 and are seeing an increased need. They mostly provide French services, however, do provide services or referrals to women who speak English or French. They are currently working on a text service and hope to have it available in the Spring.
- **Maison Baldwin House:** They are now offering a 24/7 crisis text line (bilingual). Information has been shared with the membership. The text line is 613-291-9788.

10. Future Agenda Items:

Nothing was indicated in terms of future agenda items at this meeting.

13. Adjournment & Next Meeting:

When: Thursday, March 11, 2021
Time: 9:00a.m. – 10:00am
Location: Virtually via Zoom

Adjourned 10:11 AM/sn