

# FCSS Agenda

June 19, 2023 at 3:30 p.m.

Town Office Council Chambers 502 -2<sup>nd</sup> Avenue



## VISION

Bassano FCSS is a strong partner in a healthy community.

## Mission

Bassano FCSS works to build a strong community through locally driven proactive partnerships and preventative programming.

### **1. Call to Order**

### **2. Attendance and Regrets**

### **3. Adoption of Agenda for June 19, 2023**

### **4. Adoption of Minutes**

4.1 May 1, 2023

### **5. Financial Summary**

5.1 Period ending May 31, 2023

### **6. Director's Report**

6.1 Period ending May 31, 2023

### **7. CAO Report**

7.1 None

### **8. Unfinished Business**

### **9. New Business**

9.1 2023 Summer Programming

9.2 Mental Health First Aid Training – Program Opportunity

9.3 2023 September Programs

### **10. Correspondence**

10.1 None

### **11. Adjournment**

*Next Meeting Date: September 11, 2023 at 3:30 p.m.*

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**MINUTES OF THE REGULAR BASSANO FCSS ADVISORY BOARD MEETING HELD ON May 1, 2023**

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**ADVISORY BOARD MEMBERS**

- Tammie Hauck
- Heather Basarab
- Christine Petkau
- Kevin Jones
- Alice Slomp
- Evelyn Jensen
- Sandra Mitchell
- Heather Basarab
- Kacia Reid

**ADMINISTRATION**

- Amanda Davis, CAO
- Amanda Barron, FCSS Director

**1. CALL TO ORDER**

**VICE CHAIR BASARB** called the meeting to order at 3:30p.m.

**2. ATTENDANCE AND REGRETS**

- Tammie Hauck

**3. ADOPTION OF AGENDA**

**FCSS39/2023** Moved by **MEMBER JONES** that the May 1, 2023 agenda is approved as presented.

**CARRIED**

**4. MINUTES OF JANUARY 19, 2023**

**FCSS40/2023** Moved by **MEMBER REID** to approve the minutes of the April 3, 2023 FCSS Advisory Board meeting as presented.

**CARRIED**

**5. FINANCIAL SUMMARY**

**FCSS41/2023** Moved by **MEMBER MITCHELL** to approve the financial summary for the period ending April 24, 2023 as presented.

**CARRIED**

**6. DIRECTOR'S REPORT**

**6.1 Director's Report – April 30, 2023**

**FCSS42/2023** Moved by **MEMBER JENSEN** that the FCSS Directors report for the period ending March 31, 2023 is approved as presented and discussed. **CARRIED**

**7. CAO REPORT**

None

Member Slomp entered meeting at 3:41pm

**8. UNFINISHED BUSINESS**

**8.1 2023 Meals on Wheels**

**FCSS43/2023** Moved by **MEMBER SLOMP** that FCSS acts as the administrative body for the Meals on Wheels program. A policy shall be prepared to outline roles and responsibilities for the board's review at the June 2023 meeting. **CARRIED**

**8.2 2023 Bike Safety Rodeo**

Notification was provided that the 2023 Bike Safety Rodeo was arranged.

**9. NEW BUSINESS**

**9.1 June 2023 Programming – Part 2 – Seniors Week**

**FCSS44/2023** Moved by **MEMBER JENSEN** that FCSS facilitates a one-day 2023 Seniors' Week event designed for those 50 years and older as an "activity-based program" crawl to include bowling, disc golf, pickleball, and horseshoes, including a social with snacks. The FCSS Director shall prepare the appropriate program.

**CARRIED**

**FCSS45/2023** Moved by **MEMBER PETKAU** that FCSS facilitates a one-day seminar as part of 2023 Seniors' Week in collaboration with RCMP, AHS, Insurance and Banking professionals on Fraud Prevention, Goals of Care and other informative programs with refreshments and snacks. The FCSS Director shall prepare the appropriate program.

**CARRIED**

**9.2 Reoccurring Program Policy P-FCSS011 - Proposed**

**FCSS46/2023** Moved by **VICE CHAIR BASARAB** that FCSS approves Reoccurring Programs Policy P-FCSS011 as presented. **CARRIED**

**10. CORRESPONDENCE**

**10.1** Notification that the Town proclaimed June 5-11, 2023 as Seniors' Week in Bassano.

**10.2** Notification from Grasslands FCSS that Victoria Muhlbeier will assume to role for FCSS Director effective July 3, 2023.

**FCSS47/2023** Moved by **VICE CHAIR BASARAB** to accept the correspondence and file items as information. **CARRIED**

**11. ADJOURNMENT**

**FCSS48/2023** Moved by **VICE CHAIR BASARAB** for adjournment of the regular meeting at 4:31 p.m. **CARRIED**

\_\_\_\_\_  
Chair Signature

\_\_\_\_\_  
Director Signature

Unapproved



**TOWN OF BASSANO**  
 (51) 2023 FCSS Departmental Budget  
 YTD  
 05-31-2023

General Ledger	Description	2023 Budget	2023 Actual	2023 Budget Remaining \$
<b>Revenue</b>				
1-51-00-410-00	FCSS - 2023 WOMEN'S WELLNESS	(5,000.00)	(5,231.00)	231.00
1-51-00-590-00	FCSS - OTHER REVENUE	(2,500.00)	0.00	(2,500.00)
1-51-00-595-00	FCSS - COMMUNITY CHRISTMAS DONATIONS	(5,000.00)	(319.40)	(4,680.60)
1-51-00-840-00	FCSS - CONDITIONAL GRANT	(39,505.00)	0.00	(39,505.00)
1-51-00-850-00	FCSS - GRASSLANDS FCSS /TOWN CONTRIB.	(35,230.00)	(12,474.00)	(22,756.00)
1-51-00-710-00	TSF FROM FCSS RESERVE	(12,620.00)	(968.35)	(11,651.65)
<b>*</b>	<b>TOTAL Revenue</b>	<b>(99,855.00)</b>	<b>(18,992.75)</b>	<b>(80,862.25)</b>
<b>Expenditure</b>				
2-51-00-110-00	FCSS - SALARIES	58,000.00	19,747.29	38,252.71
2-51-00-130-00	FCSS - EMPLOYER CONTRIBUTIONS	4,050.00	1,529.35	2,520.65
2-51-00-135-00	FCSS - AUMA BENEFITS	6,555.00	2,812.81	3,742.19
2-51-00-137-00	FCSS RRSP CONTRIBUTION	1,200.00	500.00	700.00
2-51-00-150-00	FCSS - ADM TRAINING & EDUCATION	2,500.00	(250.00)	2,750.00
2-51-00-200-00	FCSS PROGRAMS	10,000.00	1,749.69	8,250.31
2-51-00-200-01	FCSS PROGRAM - 2023 WOMEN'S WELLNESS	6,500.00	5,224.45	1,275.55
2-51-00-211-00	FCSS -TRAVEL/LODGE/PHONE & BOARD DEVEL.	1,750.00	599.74	1,150.26
2-51-00-220-00	FCSS - ADVERTISING & MEMBERSHIPS	500.00	512.70	(12.70)
2-51-00-510-00	FCSS - GENERAL GOODS & SUPPLIES	3,800.00	13.99	3,786.01
2-51-00-595-00	FCSS - COMMUNITY CHRISTMAS	5,000.00	0.00	5,000.00
<b>*</b>	<b>TOTAL Expenditure</b>	<b>99,855.00</b>	<b>32,440.02</b>	<b>67,414.98</b>

\*\*\* End of Report \*\*\*

# FCSS Director's Report

Period Ending: May 31, 2023

Prepared By: Amanda Barron, Director

## Supporting Community Members



### SUPPORTS

**Seniors Benefits** - In the month of May we supported 3 community members.

**Referrals/ Supports** – FCSS helped 3 individuals apply for various supports to help aid in maintaining quality of life.

### PROGRAMS

**Rural Pop Up** – Facilitation of the program on May 16<sup>th</sup> at the adjusted time of 10:00 a.m. – 11:30 a.m. was unfortunately missed. I contacted SPEC and discussed further how to ensure program viability and resolution steps should it ever arise again. Next scheduled date is June 20, 2023.

**Canadian Volunteer Income Tax Program** – FCSS completed income taxes for 4 individuals through the month of May.

**Mental Health Resource Delivery** – Program postponed on May 8<sup>th</sup> due to poor weather. Resources were delivered on May 29<sup>th</sup>.

**Walk, Talk, Chalk Mental Health** – This program was facilitated on May 18<sup>th</sup>, attendance was very low. Program debrief necessary.

**Spring Community Clean - Up** - Administrative hours spent on procuring volunteers for this program. Many local businesses and community members volunteered their time to do street clean-up, BFRRS and Poofer's volunteered to pick up large items and vehicles. Public Works employees performed branch and yard waste pickups several times.

### Women's Wellness Final Report

Our financial report for Women's Wellness 2023 has been completed, we hosted a financially responsible event.

Revenue	\$5,231.00
Expense	\$5,224.45
Surplus	\$6.55

There were many changes to our approach in planning our event, we made this our own through each step meal planning/preparations, flowers, signature sodas, even the acquiring of a local speaker and impromptu games. By using our collective talents this event was successful both financially and seen through our guests' enjoyment of the day, the final guest count was 93 attendees.

### PROGRAMS/INITIATIVES

**Welcome Wagon (WW)** – FCSS gave out 2 Welcome Packages this month.

# **FCSS Director's Report**

Period Ending: May 31, 2023

Prepared By: Amanda Barron, Director



## **Supporting Community Members**

#1-831 - 2nd Ave	1-May-23
322 - 4th Ave	12-May-23

### **Meals on Wheels Program Policy**

The Meals on Wheels Policy has been drafted, we are waiting on review from our collaborators to ensure all parties are favorable. Program policy will be added to the September 11, 2023, meeting.

### **GENERAL UPDATES**

**Director Absence** – I had the opportunity to head to Northern Alberta to aid in the fire control efforts taking place. I was gone for one week in which time the Advisory Board supported FCSS by facilitating the Walk, Talk, Chalk event. I am blessed to have the support of the Advisory Board and the Town of Bassano in allowing me to pursue the opportunity to put my training as a Firefighter to use in aiding others. Thank you.

**Spring Regional Meeting** – Board Chair Tammie Hauck and I travelled to Taber Alberta to take part in the Spring Regional Meeting, there were many discussions around housing and food insecurities which we have also been seeing in Bassano.

Provincial Funding increases will likely not roll out until after the elections and the quantity Bassano FCSS will receive is also unknown at this time.

The Directors Network in Jasper was held May 3-5, 2023, the focus was roundtable discussions on the struggles municipalities are facing and creating a network of information sharing not only on success stories but how those successes came to be. This will allow other municipalities facing similar struggles the ability to have resources and or guidance in achieving an objective.

The 2023 Annual FCSAA Conference is in Edmonton, Alberta, on November 22-24. Keynote speakers will be Katie Davis on Innovation through Connectivity, and Cheryl Bernard who will focus on resilience, determination and overcoming adversity.

### **Grant Update**

We were successful in receiving the CVTIP grant for the income tax preparation program for the 2021 yearend of \$560.00. They have increased Grant funding amounts for the 2023 tax year, based upon location and amount of filed returns.

Our application to the Communities Choosewell Grant to support Seniors Week programs was not successful, of the applicants only 10% received funds.

### **Website Updating**

In supporting the launch of the Town of Bassano's new website I have spent time updating the FCSS page to make sure all resources and links to supports are current as well as making our page more

# **FCSS Director's Report**

Period Ending: May 31, 2023

Prepared By: Amanda Barron, Director



## **Supporting Community Members**

user friendly. In addition to ensuring content site wide has been updated. The website is set to launch this week.

## **Small Town Smoke Down Support**

To aid in acquiring volunteers to fill various shifts and providing support for the annual Small-Town Smoke Down some administrative hours were dedicated.

## **UPCOMING PROGRAMS**

- Small Town Smoke Down – Mocktails Booth
- Seniors Awareness/Planning Session
- 50+ Activity Crawl
- Bike Safety Rodeo collaboration with Bassano School

## **UPCOMING NATIONAL DAYS AND OBSERVANCES**

- National Indigenous Peoples Day - June 21
- Canada Day – July 1
- Drowning Prevention Week – July 17-21
- Emancipation Day – August 1
- Heritage Day – August 7
- Public Service Pride Week – August 14-18
- Gender Equality Week - September 18-22
- National Day for Truth and Reconciliation – September 30

## **Attachments**

1. Action Items



**Town of Bassano  
FCSS Advisory Board Action Items List 2023**

<b>March 13, 2023 Regular Board Meeting</b>		
Barron, A	Collaborate with Bassano Fire Department on facilitation of program	notification given April, 23
Barron, A	Send invitations to Bassano School and Gem school to attend performance	
Barron, A	Collaborate with Bassano Fire Department to participate in performance.	notification given, readdress early sept.
Barron, A	Contact Stuart Luchies with opportunity for County Fire Departments to provide program in other communities.	email sent 04/11/23
Barron, A	Draft advertising for public distribution for "Sing out on Fire Safety"	
<b>April 3, 2023 Regular Board Meeting</b>		
Barron, A	Add YOB Open Discussion to Agenda April 2024	
<b>May 1, 2023 Regular Board Meeting</b>		
Barron, A	Resolution Index	Completed
Barron,A	Rotate Minutes on website	Completed
Barron,A	Draft Meals on Wheels Program Policy for review at June 5, 2023 regular board	Completed
Barron,A	Coordinate with Bassano School and Newell Safe Communities to facilitate Bike Rodeo with freezies for participants	Completed
Barron, A	Add Policy P-FCSS011 to to permanent files and update tracker.	Completed
Barron,A	Finalize Policy P-FCSS011-Reoccurring Programs Policy for addition to Board binders, and update website	Completed
Barron,A	Prepare programming for those 50 years and older as an activity-based program crawl to include bowling, disc golf, pickleball, and horseshoes, including a social with snacks in a one-day program	in progress
Barron,A	Prepare advertising/invitations for Program crawl for seniors	Completed- June 7/23
Barron, A	Create event schedule for program crawl	Completed- June 7/23
Barron, A	Schedule timeslot with Damsiters for use of horseshoe pits	Removed from schedule
Barron, A	Book Bowling Alley	Completed --June 8/23
Barron, A	Coodinate with RCMP, AHS, Insurance and Banking professionals to provide Fraud Prevention, Goals of Care	Confirmed June 13?23
Barron,A	Prepare Seniors Benefits introduction for Information session	Completed - June 9/23
Barron, A	Set venue for session	Hall booked for June 20 2-4pm

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## 2023 Summer Programming

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### **BACKGROUND**

The FCSS Advisory Board takes a 2-month break over the summer months, still occasionally available to assist with running programs. Typically, FCSS hosts our reoccurring programs through this time such as Parade of Garage Sales and Kick it to the Curb.

Drowning Prevention Week is the third Week in July, craft kits have also been made in previous years to allow families the opportunity to take something along on a camping trip or do at home.

In preparation for summer, a list of program ideas is below.

### **PROGRAMMING IDEAS**

#### **Drowning Prevention Week, July 17-21, 2023**

Drowning Prevention Week promotes the need for individuals, communities, and organizations to take action in an effort to save lives. Drowning is preventable; however, it is one of the leading causes of death globally for children and young people between 1-24. An estimated 236,000 people drowned in 2019.

July brings people to the outdoor pool with its cool waterslide, diving board and welcoming sunshine. To provide prevention information directly to our community, drowning prevention materials could be created and distributed through our Ice Cream Social hosted at the pool. Using the canteen area we will set up our "Lifesaver Sundae" where patrons would be able to access information, gain awareness and enjoy a treat. By hosting at the pool our audience would already be there, and we could potentially draw in more patrons promoting our community leisure. Estimated cost for this program is a maximum of \$250.00. This program would require the help of one or two board members.



#### **Social Skills- Mini Series**

Bassano FCSS has an opportunity to provide social skill development opportunities for local children that will help support our early learners and promote inclusivity and resiliency. Young children

acquire social and emotional skills, such as regulating emotions, sharing with others, and following instructions. These skills lay the foundation for developing literacy, numeracy and other cognitive abilities that are critical for success in school and life. The right set of social skills will make it easier for a child to make friends, share with their classmates, and cooperate in social environments.



What are the benefits?

- Improved ability to communicate with peers and adults
- Development of self-awareness
- Improved cooperative teamwork
- Ability to set and achieve individual goals
- Development of persistence
- Development of emotional management skills
- Greater active listening skills
- Improved school climate
- Greater school safety
- Reduced bullying
- Fewer health problems
- Reduced likelihood of substance abuse

Proposed programming consists of peer-based program featuring hands on learning tools including a story with an attached activity to connect the elements presented, to be hosted at the Kinsmen Park or in the Community Hall in the event of poor weather. There are two ways to run the program:

1. Once per week for 6-weeks, or
2. Twice per week for 3-weeks..

Six stories written by Jory John feature content that is relatable and thought provoking, the learning materials attached provide the ability to engage in conversation pertaining to each books' subject matter and ties it all together through games and art. Sessions would range from 1- 1.5 hours. Estimated resource cost for books and learning support materials is \$150, we would be able to offer this programming at no cost to users. Participants would also receive a summer school graduation party on their last day, diplomas and little gift bags could be given out to celebrate their achievements. The target demographic for this program is 5-9 years of age, in a group no larger than 6, this adheres to the recommended staff to child ratios set out by the government of Alberta. Maintaining this group size allows for no parental supervision and would not require board involvement. In the event we have additional registrants we would have two options:

1. Add a second group date and time.

2. Create one larger group requiring an additional adult to be present, board member volunteer.

Total program cost is estimated at \$250.

### **Summer Craft/Activity Packages**

Summer is coming, many families head out camping, some enjoy recreation within the municipality and others struggle to create balance with their employment and children home through these months. The commonality is that children need to be engaged, this is where FCSS can help.

FCSS has created craft kits in the past, distributed through a registration process, with up to 30 going out to our community. FCSS could prepare and distribute craft/ activity packages locally for families who would like access the service. These could include fine and gross motor skill developing activities to help keep children engaged. Activities like kids' yoga cards, modeling clay, paint by number, friendship bracelets, origami and coloring books are possible inclusions. We have some craft materials remaining that could be incorporated to use up some of our existing supply surplus. This would be Director facilitated with no board involvement necessary, but always welcomed. Additional materials cost has been priced out at \$200.00 which will make 40 packages.

The craft and activity packages were successful when FCSS was unable to facilitate in-person events. We could offer this program as a hybrid. Packages could be ordered, and we would facilitate the activities at the park for children and families that would like to participate in person.

### **Active August Activity Calendar**

In keeping with our idea that wellness is a whole body approach calendars could be made with an activity for each day promoting nourishment of each of the contributing elements., The calendars would be made available for residents at local shops and Town Office featuring suggestions to promote healthy eating, activity and forming/maintaining social connections Throughout the month at random we could have something hidden in town for residents to look for, snap a picture of themselves with it and come into the office to redeem for a small prize, have a meeting point for a pickup game of pickleball or disc golf, an afternoon soda pop stop at the hall, and Freezie Freebie Friday This is a simple way to get people to think about small ways they can make a difference personally each day for themselves and others around them. Running this program would require little to no board involvement, and a budget of \$100 for prizes and additional supplies would be required.

### **CLARIFICATIONS/CONSIDERATIONS**

1. How many programs would the board like to participate in over the summer. As an easy guide, I have included a calendar of the programs for reference so you can see what is currently planned.
2. When providing summer programs how can we increase engagement and attendance in our community? A few additional ways would be personal invitations, campsite visits at Crawling Valley, A-frame signs at key locations in town to draw more attention 72-24 hours before the events.

- What does success look like to the board for our programs – as in, how many people must attend for the board to feel that programs were successful? There are many variables – it is good to talk about it.

**Program Calendar**

JULY 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Rural Pop Up 10-11:30	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

AUGUST 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	11	12 Parade of Garage Sales
13	14	15 Rural Pop Up 10-11:30	16	17	18	19
20	21 Kick it to the Curb	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

This open discussion is intended to provide guidance and direction. The outcome of the discussion will result in program development in addition to the Parade of Garage Sales and Kick it to the Curb.

**Prepared by:** Amanda Barron, FCSS Director

**Reviewed by:** Amanda Davis, CAO

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# MENTAL HEALTH FIRST AID TRAINING – PROGRAM OPPORTUNITY

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## **BACKGROUND**

One in five people will experience a mental health problem this year. In a recent major Canadian study, **82%** of responding organizations ranked mental health conditions in their top three causes of short-term disability (**72% for long-term**). Additionally, **30%** of all short- and long-term disability claims are due to mental health problems and illnesses.

### What is Mental Health First Aid (MHFA) and how can receiving training aid individuals in daily life?

Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved. There are several identifiable outcomes when an individual has received Mental Health First Aid Training which include:

- Significantly greater recognition of the most common mental health illnesses and problems.
- Decreased social distance from people with mental health illnesses or problems.
- Increased confidence in providing help to others.
- Demonstrated increase in helpful actions.

### How can Bassano FCSS provide the necessary skills in recognition and prevention?

With the knowledge that Mental Health conditions are increasingly prevalent it is important to educate on effective and empathic approaches to providing support to individuals with mental health barriers and those in crisis.

FCSS has an opportunity to engage our communities through providing access to preventative programming. Evidence shows that taking an MHFA course reduces social distance between the participant and someone experiencing a mental health problem. Evidence also supports that individuals who experience Mental Health struggles better understand themselves, their triggers, ways to provide self-help and an awareness of when to seek assistance by participating in MHFA training.

Courses are available to be booked through the Mental Health Commission of Canada and require a minimum lead time of 6 weeks for them to find an instructor to be sent to facilitate. Courses range from 14-hour instructional time spread over 2 days to 4 hours and require a minimum of 8 registrants to a maximum of 25. Registration would be required and would be cost per use for participants, this may vary depending on type of program offered.

There are specialized courses available for First Responders, those working with seniors, and those who interact with youth. It is possible to offer demographic specific programming. FCSS would be responsible for coordinating the program with the Mental Health Commission, travel and accommodations for facilitator, facility, registration, payments, and program day needs (meal, refreshments).



The graphic features a green header with the text "Mental Health First Aid ACTION PLAN". Below the header, on the left, is the Mental Health First Aid logo (a green cross with a white star) and the text "MENTAL HEALTH FIRST AID". To the right of the logo is a list of five action steps: "Approach, assess and assist with any crisis", "Listen non-judgmentally", "Give support and information", "Encourage appropriate professional help", and "Encourage other supports". On the right side of the graphic is a photograph of two hands holding white coffee cups, with the Mental Health First Aid logo and tagline "For Anyone. For Everyone." overlaid on the image.

### **CLARIFICATIONS/CONSIDERATIONS**

- What does good Mental Health look like?
- How do you determine a person's Mental Health?
- Would offering Mental Health First Aid benefit our community?
- Who would our target demographic be? Is there more than one?
- Can this program be utilized within various demographics?

### **DIRECTORS COMMENTS**

I have reached out to contacts in the educational and first response fields, both parties acknowledge the value of offering this training as part of their professional development. Providing training to support in responding to mental health crisis would be of benefit to their continued growth both personally and professionally. In listening to their responses, the feeling I received is in offering MHFA with the specializations would be of substantial benefit to our community and those within the county.

This open discussion is intended to provide guidance and direction. The outcome of the discussion will result in program development.

**Prepared by:** Amanda Barron, FCSS Director

**Reviewed by:** Amanda Davis, CAO

## Mental Health First Aid Program Descriptions

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**MHFA Standard** is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis. During the course, participants will learn how to recognize signs that a person may be experiencing a decline in their mental well-being, and how to provide support to that person *the MHFA Standard course is delivered over 3 modules:*

Module 1 (approx. 2 hours): self-led, online portion to be completed before moving on to Module 2

Modules 2 and 3 (3.5 hours each): live sessions, delivered by a skilled facilitator, either virtually, or face-to-face.

### **MHFA STANDARD FACE-TO-FACE NON-PROFIT PRICING**

**Group size options for a private course:** 8-15 participants or 16-25 participants

**Venue:** a sufficiently sized venue that is equipped with audio-visual aids must be provided to accommodate the group.

**Format:** delivered over 1 day

**Group rate for 8-15 participants:** \$3,000 + tax

**Group rate for 16-25 participants:** \$4,250 + tax

**Other costs:** if applicable, a travel estimate will be provided should a facilitator have to travel to the venue.

To reduce waste, each MHFA Standard participant will receive access to a digital reference guide through the MHFA actions.

**MHFA Adults Who Interact with Youth** is an adaptation of the MHFA Basic course that is intended for an adult audience whose primary focus is youth (aged 14-25). In addition to the four most common disorders discussed in MHFA BASIC, this course includes instruction about eating disorders and deliberate self-injury. Participants who take this course are well prepared to interact confidently about mental health with the young people in their lives, including at schools, extra-curricular activities, social services, with family, friends, and communities. This course is delivered in person if local and provincial safety guidelines are followed.

### **MHFA ADULTS WHO INTERACT WITH YOUTH NON-PROFIT PRICING**

For a direct delivery (where we send an instructor to you) the **14-hour** MHFA Youth course costs:

**8-15 participants = \$3,500 + tax**



**16-25 participants = \$5,000 + tax**

Please note that we can accommodate larger groups by scheduling multiple sessions.

This price does not include the venue, catering, instructor travel, or accommodation if needed, although we make every attempt to secure a local instructor first. We provide travel estimates in the pricing when needed. Courses can be offered on 2 consecutive days, and 2 non-consecutive days within 4 weeks.

[MHFA Seniors](#) is an adaptation of the MHFA Basic course that is intended to increase the capacity of seniors, families (informal caregivers), friends, and staff in care settings and communities to promote mental health in seniors, prevent mental illness and suicide wherever possible in seniors and intervene early when problems first emerge. The 14-hour course content and resource materials are based on the best available evidence and practice guidelines and were developed in consultation with Canadian experts in the field of geriatric psychiatry. This course can be delivered in person.

**MHFA SENIORS NON-PROFIT PRICING**

For a direct delivery (where we send an instructor to you) the **14-hour** MHFA Seniors course costs:

**8-15 participants = \$3,500 + tax**

**16-25 participants = \$5,000 + tax**

This price does not include the venue, catering, or instructor travel and accommodation if needed, although we do make every attempt to secure a local instructor first. We provide travel estimates in the pricing when needed.

[The Working Mind First Responders \(TWMFR\)](#) is a similar program to TWM, in that they share all the same core components. Both have the goals of reducing stigma, increasing resiliency, promoting mental health, and developing coping strategies. TWMFR, however, is specifically geared towards first responders (ex. police, fire, paramedic, 911 operations, correctional workers, etc.) and uses videos and scenarios that reflect their specific work environment. Due to the nature of these roles, the content delves into our response mechanisms in high-stress and/or high-conflict scenarios.

The training is available in a 4-hour primary version and an 8-hour leadership version for (leaders/supervisors/managers). The two versions cover the same topics, with an added half-day for leadership with content relevant to the manager/employee relationship and other workplace considerations like the duty to accommodate, return-to-work strategies, etc.

THE WORKING MIND FIRST RESPONDERS

**The Working Mind First Responders Pricing** - For a direct delivery (where we send an instructor to you)

4-hour Primary course costs:

**8-15 participants = \$1,800 + tax**

**16-25 participants = \$2,575 + tax**

8-hour Leadership course costs:

**8-15 participants = \$2,500 + tax**

**16-25 participants = \$3,500 + tax**

This price does not include the venue, catering, instructor travel, or accommodation if needed, although we make every attempt to secure a local instructor first.

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## 2023 September Programming

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### **BACKGROUND**

September is host to several significant dates for supporting various groups of people. In the past few years September programs have been very lean in terms of in-person events due to Covid protocols and staffing changes. This year we have an opportunity to provide some programs to our community with less restriction. World Suicide Prevention Day is September 10<sup>th</sup> in which FCSS has hung ribbons to show support on local trees and provided information online. National Day for Truth and Reconciliation is September 30<sup>th</sup>, last year we donated resources to both local libraries.

### **PROGRAMMING IDEAS**

#### **World Suicide Prevention Day**

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides. Various events and activities are held during this occasion to raise awareness that suicide is a major preventable cause of premature death. People often can feel isolated, empty, and hopeless. We can try to bridge that gap with our programming through creating space for community connectivity to help build social connections in enjoyable ways. The other key component to prevention is providing education so people know how to spot people at risk and the steps to take to provide support.

#### **Options**

##### **1. Semicolon Sunday 3k/5k**

The semicolon has become a visual message of affirmation and solidarity for those who have dealt with suicide, depression, addictions, and mental health issues. The semicolon has received a boost of attention during the debut of the 2017 Netflix series 13 Reasons Why, based off the 2007 Novel by Jay Asher that centers on the suicide death of a teenage girl. It is a subtle yet powerful reminder that the story isn't over. Bassano FCSS could host a 3k/5k fun walk/run to raise awareness and around suicide and suicide prevention.

We could achieve this in one of two ways:

1. Organized in a similar fashion to other fun runs, there would be registration, T-shirt and medals for participants, additionally we could extend our reach to the county and City of Brooks.
2. Facilitate a local walk/fun run to keep it fun, encouraging and community based.

warr, or  
it's okay to not  
be okay

It's used when an author could have ended their sentence, but chose not to.

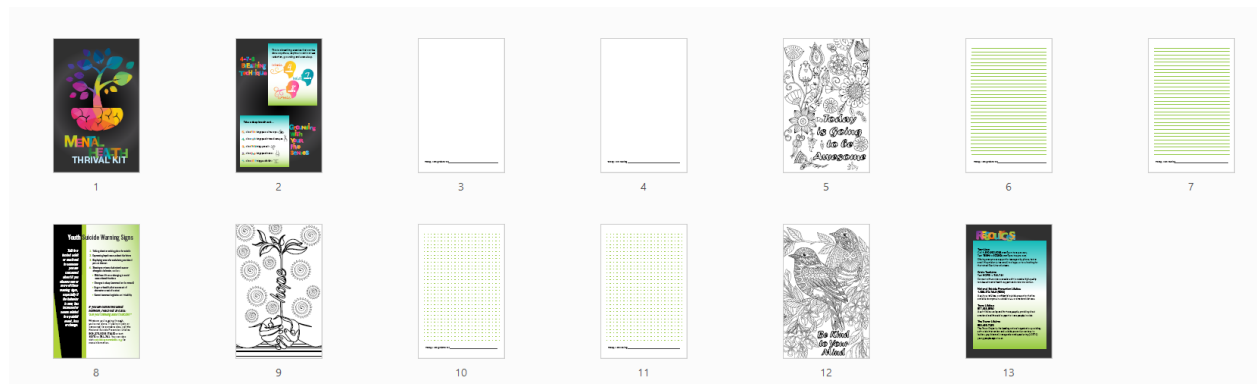


Think of it when you feel like quitting.

This program would require volunteer hours from board members to organize supplies, run water stations and help provide support on event day.

## 2. Prevention, Intention Journal

Suicide Prevention begins with education. Most suicidal individuals give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them. How can FCSS help arm our community with this lifesaving knowledge? Resources like the journal styled resource below could be prepared for distribution to the community that contains coping skills, how to recognize warning signs, myths and facts, links to resources, and additional stress relieving tools and gratefulness exercises. We could marry prevention and mindfulness together that would benefit not only the recipient but also those who may be reaching out for help.



3. Bassano FCSS could forego formal programming doing Suicide prevention online and providing suicide prevention ribbons to local businesses for residents to take.

## **National Truth and Reconciliation Day**

September 30<sup>th</sup> is a day for Canadians to recognize, reflect and learn the history and legacy that continues today surrounding the residential school system, it is a day to support each other in healing while honoring the resilience, dignity, and strength of survivors. Through continuing to share our stories we create a space to celebrate the accomplishments continuing to inspire us.

## Options

### 1. Speaker: Rilee Manybears

Rilee is a First Nations Runner from Siksika Alberta, he attended school and graduated in Bassano. Many Bears competed in the 2014 North American Indigenous Games in Regina, Saskatchewan, where he won gold in the 3,000m race, and bronze medals in both the 1,500m race and the 6 km cross country event. A year later he competed in the 2015 World Indigenous Games in Palmas, Tocantins, Brazil where he won the gold medal in the 8 km race. In 2016, Many Bears became the first Siksika Nations member to complete the Boston Marathon, additionally Rilee was diagnosed with Wolf Parkinson's White Syndrome, a heart condition that causes a rapid heartbeat. He had it corrected with surgery and shortly after his recovery, he competed in the World Indigenous Games in Brazil.



In 2019 Rilee was a guest speaker at the Calgary Hitmen's Anti-Bullying Game as an ambassador of the AMA Youth Run Club. Rilee has a story of perseverance and determination.

With the birth of a new school year upon us this September, our programming could be focused on a topic relating to all students such as Anti Bullying while promoting our Indigenous Community. This would be a partnership with Bassano School, FCSS would be providing funding of \$500.00 maximum allotted to speaking fees.

### 2. Movie Screening: Indian Horse – 14 years and over.

Scenes in the film "Indian Horse" can be tough to watch but are nonetheless important. *Indian Horse* is a 2017 drama about the cruel and inhumane treatment by the Canadian government of Indigenous people from the 1800s to 1996. They serve as a reminder of our past which should never be forgotten, especially when we as a Canadian society struggle to reconcile our history with First Nations.



Richard Wagamese's novels film adaptation was included in the Toronto International Film Festival in 2017. Set in 1959 it focuses on a then six-year-old Ojibway boy named Saul Indian Horse who was placed in a residential school. This film examines the effect and lasting impact it has had on his life.

## **Storyline**

Indian Horse tells the story of the devastation "legally" imposed by the Canadian government on at least 150,000 Native Canadian children from the 1800s through 1996 as part of an effort to eradicate the native culture, practices, and language. Saul and his parents head for their ancestral lands by canoe to keep him and his brother out of the residential school system. But the brother dies of a fever, leaving Saul and his grandmother to brave winter alone. She dies and Saul is taken by authorities to a school run by cruel and abusive priests and nuns who rename the children, scour their skin, cut their hair off, punish those who speak Native languages, punish anyone who disobeys harsh rules. The school's horrors include sexual abuse. The seemingly kind young priest, Gaston builds an ice rink to teach the older boy's hockey, but young Saul wants to learn and soon is their best player. As the hockey teams plays and beats teams with primarily white players, the boys are subjected to cruel and ugly bias by opponents and the fans that jeer at the "Indians." Ultimately, Saul's talent is recognized by a professional feeder team's Toronto coach, Saul excels on the ice but is consumed by justifiable anger as white opposing team members brutally foul him without penalty and the fans jeer and mock him. Will Saul be able to live the life he wants?

3. Bassano FCSS could forgo formal programming and how support through online recognition on our social media pages by posting small video clips of survivor's stories and the wearing of Orange Shirts.



## **CLARIFICATIONS/CONSIDERATIONS**

1. Is the board favorable to programming for both topics in September?
2. When thinking about the programs how will incorporating this programming enhance our community culture?

This open discussion is intended to provide guidance and direction. The outcome of the discussion will result in program development.

**Prepared by:** Amanda Barron, FCSS Director

**Reviewed by:** Amanda Davis, CAO