



**Chairs:** Ermira Kusari

**Present**

- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| Dean Svoboda (AAFSC)                 | Justine Paul (Chrysalis)             |
| Leonard O’Keefe (DDRRC)              | Ermira Kusari (CAN)                  |
| Karen Dommett (Calgary Adaptive Hub) | Elysa Sandron (Calgary Adaptive Hub) |
| Chloe McBean (CDSA)                  | Nancy Bertram (MS Society)           |
| Nancy (ILRCC)                        |                                      |

Item	
1	Welcome and Introductions Land Acknowledgement
2	<p><b><u>Internal survey - mental health assessment and needs in the community</u></b></p> <p>Suggested questions:</p> <ol style="list-style-type: none"> <li>1. What community programs or services are you aware of, or have access to?</li> <li>2. What would you define as your barriers to accessing mental health supports? Were these barriers in place prior to the pandemic, or has the pandemic caused this barrier?</li> <li>3. Has the pandemic had an effect on your social networks? If yes, how?</li> <li>4. Please rank the significance of the losses or gains you have experienced as a result of the pandemic (i.e. medical services, recreational programs, social engagements, etc.)</li> <li>5. How many programs did you participate in prior to the pandemic vs. how many programs do you participate in currently?</li> <li>6. How can our agency be of most use to you in supporting your social/mental health needs at this time?</li> <li>7. Are you comfortable with the shift towards the online requirement/ technology needs and your ability to navigate and use a computer/tablet/etc.?</li> </ol> <p><i>Distribution and reach:</i> website, social media, email to networks and contacts.</p> <p><b>- For additional questions, please add them directly into the shared folder and we will be discussing them collectively at the January 2021 meeting.</b></p> <p>Link to the Survey Questions document:  <a href="https://docs.google.com/document/d/13KH64_5Efu_oU4DJNT17jGQriPuYxzupqbe8oAZ7FPY/edit?usp=sharing">https://docs.google.com/document/d/13KH64_5Efu_oU4DJNT17jGQriPuYxzupqbe8oAZ7FPY/edit?usp=sharing</a></p> <p>Link to the CAN Recreation Google Drive Folder:  <a href="https://drive.google.com/drive/folders/1EaareGz-2waYeiJ8iULdx42YMMb5il7Z?usp=sharing">https://drive.google.com/drive/folders/1EaareGz-2waYeiJ8iULdx42YMMb5il7Z?usp=sharing</a></p> <p>Agency Updates:</p>



- Ups and Downs: upcoming social events around the holidays. Looking at options to best provide holistic services that focus primarily on the socializing aspect for members with disabilities and their families alike.
- Calgary Adaptive Hub; moving forward with the pilot. Most of the partners are working on proposals for back to play in the new year. The Children’s Adaptive Physical Activity Program at Mount Royal University will be doing pre-recorded sessions in January and pilot them at the Children’s Hospital to try and get some feedback from the children and families. WinSport group is working on developing a new program focused on individualized strength and conditioning for children and youth, mostly wheelchair-based sports.
- DDRC: office will be closed December 25, 2020 – January 11, 2021, primarily as a precaution to the potential increase in people not respecting protocols. Continuing with some virtual programs.
- ILRCC: office has been closed; virtual programming has been a challenge since many of their members are deaf and hard of hearing hence coordinating with interpreters has been an issue. Reaching out to each client to identify barriers that the clients are facing to know how to best address them. Closed captioning software: <https://webcaptioner.com/>
- Chrysalis: running some in-person programs although the numbers have decreased about 30 clients per day. They are utilizing various venues across the community to spread out the members and keep the number of participants low in each location. Continuing with virtual programs. Have had success with having the members themselves host the programs as it helps them build the leadership skills and it is drawing larger crowds as their friends want to see them. Did the Awards Night over Zoom.

**Upcoming events:**

**ASRAF Family Christmas Party**

December 20, 2020

Registrations: <http://bit.ly/strandedsanta>

Wrap-Up/Adjournment

**Next meeting:**

**Date:** January 21, 2020

**Time:** 9:00 AM – 11:00 AM

**Location:** Zoom