

Healthier Northern Communities E-Brief

June 2022

Ride (Don't Hide) *Your Way* for Mental Health this June

Canadian Mental Health Association's (CMHA) [Ride Don't Hide](#) started with one man's ride and has become a nationwide movement for mental health.

Ride Don't Hide is a chance to:



MOVE MORE



STRESS LESS



COPE BETTER

In [Ride Don't Hide Northern BC](#) you take care of your mental health and take care of your community. This June, ride. Or walk. Or run. Or dance. Do what you love while you do some good. Move for yourself, for mental health and for the people all around you.

Funds from Ride Don't Hide go directly to your community to serve local needs. It costs \$330 for CMHA to provide one more person with the community mental health programs, services and support they need, when they need them.

What can you do?

- [Register](#) now and choose your own adventure – pick an activity that excites you!
- Set a goal for your chosen activity that you can work on all month.
- TELL people about the event and your goal – start raising funds by getting the word out (or by motivating someone else to participate).
- Get moving in your chosen activity!
- Celebrate your accomplishments and contributions toward a healthier, happier community.
- Can't take part, but want to show some support? [Make a donation](#).

For Your Information

Spring GoByBike Week:

Dates: May 30 – June 5

It's [GoByBike Week](#)! Get a team together with your colleagues, friends, family members, or participate solo. Register now and start tracking your kilometers biked to see how many kilograms of greenhouse gases you save. Participation is free, fun, and great for the environment. AND you can win great prizes! This year's grand prize is a cycling trip for two in the Netherlands. You only need to ride ONCE to enter!

ParticipACTION Community Better Challenge

Dates: June 1 – 30

The [ParticipACTION Community Better Challenge](#) is a national physical activity initiative that encourages Canadians to get active as individuals, as a group, school, municipality/band or organization. One community will earn the top **prize of \$100,000** and title of being Canada's most active.

Men's Health Month

June is Men's Health Month! Visit the [Men's Health Foundation](#) for a list of men's health topics, interesting blogs, and other valuable resources.

Five Tips for Regulating Short-term Rentals

Third Space Planning has been working with local governments to develop regulatory and enforcement programs. [Read the five tips](#) they have to share; follow the arrows at the bottom of the page to read each one.

Resources (toolkits, reports, websites)

Cannabis and Mental Health Course & Mentor Guide

The four-module [Cannabis and Mental Health Course](#) is made by youth for youth. It aims to explore the link between cannabis and mental health. The [mentor guide](#) offers activities for educators, peer support, and youth workers, parents, and youth allies.

The Low Carbon Resilience Planning Handbook

This [handbook](#) outlines an integrated climate action planning process that is systemic and cross-cutting, identifying synergistic opportunities between risk and emissions, while advancing climate action co-benefits. It provides opportunities for local government to embed low carbon resilience approach in climate planning.

The Building Blocks of Municipal Climate Resilience

The BC Federation of Municipalities has developed [this resource](#) to support communities to become more resilient to the impacts of climate change while protecting both your residents and local economy from service interruptions.

Irreversible Extreme Heat: Protecting Canadians and Communities from a Lethal Future

[This guide](#) presents a series of practical actions that Canadians can undertake to reduce extreme heat risks. They fall into three categories: changing behaviour (non-

structural), working with nature (green infrastructure), and improving buildings and public infrastructure (grey infrastructure).

Air Quality & Wildfire Smoke Resources

The BC Centre for Disease Control (BCCDC) has created fact sheets with information about wildfire smoke and its health impacts, including information on how to prepare for wildfire season. You can view and download the fact sheets at [this link](#). Additional resources include [BCCDC wildfire smoke response planning](#), and [BC airsheds](#).

Green Bylaws Toolkit

The revised edition of the [Green Bylaws Toolkit](#) is now available. The 2021 toolkit update includes the addition of more case studies and topics of interest to local government, and deeper consideration of ecosystem connectivity and the importance of restoring and linking ecologically valuable land.

Events and Learning Opportunities

Becoming an Opioid Harm Reduction Champion

In the [Becoming an Opioid Harm Reduction Champion](#) online course, you will consider the impact of sharing bite-sized messages (focused on reducing stigma and responding to an opioid poisoning emergency) within your personal and professional networks using social media and other tools. The course is self-directed; learn at your own pace.

Funding Opportunities

Extreme Heat Risk Mapping Assessment, and Planning Deadline: June 24, 2022

The [Extreme Heat Risk Mapping, Assessment, and Planning funding stream](#) is to support eligible applicants to ensure they have accurate knowledge of the risks associated with extreme heat, how these risks will change over time, and how to develop effective response plans and strategies to prepare, mitigate, and adapt to risks.

Age Friendly Community Grants Deadline: July 5, 2022

The [Age-friendly Communities Grant Program](#) is now open. The grants offered include two funding streams. Local and Indigenous governments are invited to apply for [Stream 1: Planning](#) (maximum \$25,000) or [Stream 2: Projects](#) (maximum \$15,000) funding.

Disaster Mitigation and Adaptation Fund

Deadline: July 20, 2022

The [Disaster Mitigation and Adaptation Fund](#) is a contribution program intended to support public infrastructure projects designed to mitigate current and future climate-related risks and disasters triggered by climate change.

KidSport

Deadline: Ongoing

The [KidSport grant](#) provides assistance to help children participate in local activities. Local chapters have different opportunities and deadlines for applications.

First Nations Adapt Program – Government of Canada

Deadline: Ongoing

This [program](#) provides funding to First Nation communities, Indigenous organizations, and band or tribal councils located below the 60th parallel to assess and respond to climate change impacts on community infrastructure and disaster risk reduction.

Northern Health Stories

New video resource: Preparing for respectful conversations

Produced in collaboration by the [National Collaborating Centre for Indigenous Health](#) and Northern Health's [Indigenous Health department](#), this video offers a simple set of strategies to help people prepare for respectful conversations when experiencing or witnessing discriminatory behaviour in the workplace...[continue reading](#).

Spring fever – I want to ride my bicycle!

The snow is disappearing, birds are reappearing, and the sunny days are giving me the warm fuzzies. Spring is here, and I'm so ready for it! ...[continue reading](#).

Career advice from Heather Budgell, a psychiatric nurse in Terrace

Thinking about making a change? So was Heather Budgell. She spent a year working as a registered psychiatric nurse (RPN) in BC's lower mainland, then made the switch to Northern Health, where she has just celebrated her one-year "workaversary" at Mills Memorial Hospital in [Terrace, BC](#)...[continue reading](#).

See the latest stories at stories.northernhealth.ca.

E-Brief Information

The Healthier Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population and Preventive Public Health program](#).

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