

March 2018

## Healthier Northern Communities ebrief

*The Healthier Northern Communities ebrief is produced by the regional Population Health program (Population and Public Health, Northern Health). In the spirit of healthy people who live, work, learn, and play in healthy communities across the north, the ebrief delivers information on resources, learning events, funding opportunities, and other information specific to promoting healthy living and the prevention of chronic disease and injury.*

### March is Nutrition Month

Celebrate Nutrition Month this year by [“Unlocking the Potential of Food”](#). Food is more than fuel and nutrients – it also brings people together. This can happen in many ways: eating a meal with friends and family, sharing a snack, or cooking a cozy meal for one. Learn more about the potential of food and show us what eating together looks like to you! During Nutrition Month share a picture of you eating together with family, friends, or colleagues along with a short message explaining how food brings you together. Post on [Facebook](#) or [Twitter](#) using the hashtags #healthynorth and #NutritionMonth for a chance to win.



### In the News

- [\\$20 Million to FNHA to Support Community-Driven Solutions to Overdose Emergency](#)
- Kudos to Kermode Friendship Society for inspiring increased workplace wellness and physical activity by taking a [virtual walk across Canada!](#)
- [Simple ideas](#) to help BC’s seniors and people with disabilities with housing – CBC News
- BC Health Minister announces plan for [new hospital in Terrace](#) – Terrace Standard
- Bylaw and zoning changes in northern BC in preparation for cannabis legalization
  - [Hudson’s Hope](#)
  - [Fort St. John](#)

### Have Your Say

#### BC Poverty Reduction Strategy Consultations

If you missed out on the community [poverty reduction](#) forums there is still time to contribute to the discussion. Online [feedback can be submitted](#) until March 30, 2018.

## YMCA Mindfulness Education Survey

The YMCA is conducting a scan to identify gaps and barriers to offering mindfulness education in BC schools. To participate follow the appropriate link below:

**Survey for BC School District Management:**

<https://www.surveymonkey.com/r/YmindSchoolDistrictManagement>

**Survey for BC Teachers & Counselors:**

<https://www.surveymonkey.com/r/Ymindteachers>

**Surveys for Principals and District Administrators:**

<https://www.surveymonkey.com/r/Ymindschoolprincipals>

## Resources

### StopOverdoseBC.ca

In partnership with the [Vancouver Canucks](#), the [Government of BC](#) is launching a [public awareness campaign](#) to dispel false stereotypes around addiction & to [#EndStigma](#). British Columbians can access life-saving information on how to have courageous conversations with loved ones who may be struggling with substance use, where to go for treatment and recovery services, and how to find harm reduction supports as well as community-based and culturally appropriate support services. Follow this campaign on Twitter and Facebook.

### Prevention Hub Canada

Check out [Prevention Hub Canada](#)! This online meeting place is a great for individuals, organizations, families and anyone interested in learning about and sharing the latest information on youth substance abuse prevention.

## Community Events

### March – Distracted Driving Awareness Month

#### ICBC & RCMP

This month ICBC and the RCMP are working to raise awareness about the life changing outcomes of distracted driving. Show your support and help make our streets and communities safer by encouraging others to [leave the phone alone](#) behind the wheel and posting a distracted driving sticker in your window. Order stickers and find more information at [ICBC.com](#).

### March 3, 2018 – Terraces 2<sup>nd</sup> Annual Non-Profit/Community Resources Fair

#### Skeena Mall, 10:00am – 3:00pm

This event is free and open to the public. [Book your spot](#) to showcase your non-profit organization, group or club, or come out to learn more about volunteering opportunities and community services in the Terrace area.

### March 5-9, 2018 – Road Safety at Work Week

#### Submissions due by March 19<sup>th</sup>, 2018

This week take the time to make road safety a priority in your organization! It's important because work-related motor vehicle crashes are the leading cause of traumatic workplace death in BC. Participate in the [campaign](#) by taking a quiz, completing an activity, or having a conversation with your employees to improve their safety when they drive for work. Check out the [tool kits](#) and submit an [entry](#) to win a prize.

### May 9-10, 2018 – SPARK Women's Leadership Conference

#### Fort St. John, BC

#### Registration opens in March

This [conference](#) provides a unique, local opportunity for learning and creates the blueprint for increased success in the region. This professional development opportunity is designed to enhance the career path of attendees Register on the [SPARK website](#). For those who do not have the financial ability to attend, the [Angel Program](#) offers sponsor pre-purchased registration support

## Funding Opportunities

### MyPG Community Grants

**Application Deadline: March 15, 2018**

Organizations can submit applications for up to \$8,000 to support projects that contribute to making Prince George a great community. Eligible activities can be large or small and should be accessible to Prince George residents of all backgrounds, ethnicities, and income levels. Projects should: increase community pride, encourage a safe community, connect citizens, encourage physical activity, involve arts and culture, and be equitable and inclusive. Apply for this and other grants at [princegeorge.ca](http://princegeorge.ca).

### Celebrate Prince George Community Grant

**Application Deadline for 2019: March 15, 2018**

The City of Prince George in partnership with Tourism Prince George has developed this grant to financially support and assist in the growth and development of new and existing events to increase community pride and focus on attracting visitors. Only registered non-profit societies or registered charities are eligible. Funding for 1-3y terms is available and categories include “Emerging Tourism Events” for up to \$5,000/y, and “Signature Tourism Events” for up to \$15,000/y. Learn more about this and other opportunities at [princegeorge.ca](http://princegeorge.ca).

### Community Enhancement Grants (City of Prince George)

**Application Deadline: March 15, 2018**

This grant is an opportunity to encourage community groups, non-profit societies, neighbourhoods, and businesses to take on projects and improve the city through grant matching with the City of Prince George. Groups that focus on community events and celebrations, indoor and outdoor recreation, lights and decorations, goodwill programs, beautification and landscape projects are eligible to submit an application. Learn more about this and other grant opportunities at [princegeorge.ca](http://princegeorge.ca).

### IMAGINE Community Grants (Northern Health)

**Application Deadline: March 31, 2018**

Do you have an idea for a project that promotes staying healthy? Northern Health is looking for community partners with ideas for projects that will improve the health of those living, working, learning, and playing in northern B.C. Community groups and partners can apply for IMAGINE funding of up to \$5,000. Grant information and applications are available on Northern Health’s [Imagine Grants website](http://imagine.grants@northernhealth.ca). Information can also be obtained via e-mail at [imagine.grants@northernhealth.ca](mailto:imagine.grants@northernhealth.ca) or by phone at 250-565-2131.

### Farm to School Canada Grants

**Application Deadline: March 31, 2018**

Does your school want to start a salad bar program? [Farm to Cafeteria Canada](http://Farm to Cafeteria Canada) wants to see more students and school communities engaged in growing, purchasing, cooking, and eating healthy local foods at school. The Farm to School Canada grants are valued at up to \$10,000 and are designed to support efforts to bring more local food to schools through a salad bar meal service model. For more information or to apply, please access the Farm to School Canada [application form](#). Please note that the “Farm to School Canada Grants” are through Farm to Cafeteria Canada and are independent from the Farm to School BC’s “Farm to School in BC Grants.”

### Smart Cities Challenge

**Application Deadline: April 24, 2018**

This competition is open to all municipalities, local or regional governments, and Indigenous communities across Canada. The challenge will empower communities across the country to address local issues their residents face through new partnerships, using a smart cities approach (data and connected technology). Four prizes totaling \$75 million are available to be won. For information and to apply visit the [Government of Canada](http://Government of Canada) website.

## Education/Learning Opportunities

### CampOUT 2018 – Social Justice Summer Camp

**Applications for Campers Due March 30, 2018**

CampOUT is a summer camp for queer, trans, Two-Spirit, questioning, and allied youth ages 14-21 from across BC and the Yukon. The camp is held in July on Gambier Islands, unceded Coast Salish territories. In affiliation with the

University of British Columbia, the camp provides opportunities to develop leadership skills, build self-esteem, foster hope and resilience, and connect with resources to support health and well-being (physical, mental, social, sexual, education, and spiritual). Opportunity for travel reimbursements from UBC are available so please visit [CampOUT](#) for more information.

### **AutismBC BI Workshop**

**April 21-22, 2018 Fort St. John, BC**

This two-day training [workshop](#) (which counts toward 14hrs of BI training) focuses on the implementation of autism behaviour plans. The course will provide you with knowledge and practical tools to use in a home or classroom environment. Past attendees have included parents, community group leaders, students, educators, classroom assistants and other individuals who work with/support children with an ASD diagnosis. Registration information and costs can be found at [AutismBC](#).

### **Understanding Stigma – course for healthcare providers**

**Available Online**

The stigmatization of people living with mental health and addiction problems is all too common in Canada, including in healthcare environments. People with lived experiences of mental health and addiction problems often report feeling devalued, dismissed and dehumanized by many of the healthcare professionals with whom they come into contact. The Mental Health Commission of Canada adapted the Understanding Stigma course based on an in-person workshop created by mental health and addiction professionals under the leadership of the Central Local Health Integration Network. This free self-directed course is available in both official languages and consists of three modules that focus on raising awareness, the impacts of stigma, and challenging stigma and discrimination. The course is available on [www.understandingstigma.ca](http://www.understandingstigma.ca).

### **The Working Mind – course for managers, employees, and first responders**

**Available Online**

[The Working Mind](#) is a course aimed at managers and employees to help reduce stigma in the workplace and promote mental health and resilience. Adaptation from the Department of National Defence's [Road to Mental Readiness program \(R2MR\)](#), it categorizes signs, indicators, and behaviours of good to poor mental health under a 4-colour continuum. R2MR adaptations have also been developed for [first responders](#). This model helps people to see past labels and the stigma attached to them, and shows how people can move back and forth across the continuum of mental health and mental illness.

## **Northern Health Blogs**

- [IMAGINE Grant: Teeing off on Toboggan Hill](#) By: Mandy Levesque
- [Therapeutic Recreation: a holistic approach to health](#) By: Gloria Fox
- [Tough enough to wear pink in the Kispiox valley](#) By: Vince Terstappen

## **Additional Online Health Newsletters/Updates**

### **Rural Policy Learning Commons Email List**

The RPLC network has over 2300 email subscribers including students, faculty, practitioners, government, non-profit, and community members. If you have any "rural" related news, stories, research, conference, or event information please [let us know](#) and we'll get the word out. Together we can help drive rural policy and improve rural life!

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Are there other opportunities for people to connect within your community in the Northern Health region? Do you have information, articles or resources that you think might be of interest to northern communities? Send your information by email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca)

These ebriefs are an information service bringing news of relevant health promotion, resources and research to northern communities from the Population and Public Health Programs at Northern Health. The news items are for information only and do not reflect any official viewpoint of Northern Health.

For more information on the Northern Health's Population Health Programs visit the Northern Health website at <https://northernhealth.ca/YourHealth/HealthyLivingCommunities.aspx>

- **To subscribe**, send a blank email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca) with “subscribe” in the subject line.
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**If you have any questions about our list and your privacy, please feel free to phone us at: 250.645.6568**

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*Next edition to follow in April 2018*