

BC COVID Speaks Survey

Last year, almost 400 000 British Columbians took the time to participate in a public health survey called the [BC COVID-19 SPEAK: Your story, our future](#) and it provided valuable information about how British Columbians experienced the first wave of the COVID-19 pandemic.



The survey is back, with the launch of [BC COVID-19 SPEAK Round 2](#). We're over a year into the pandemic and once again public health is asking you to tell us how we're doing. It's been a tough year and everyone has been impacted in different ways. With COVID-19 vaccinations underway, it's time to think about our recovery and how we can support you through this next phase. Ensure the Northern BC perspective is heard by taking some time to **fill out the survey by May 9th, 2021**.

Resources (toolkits, reports, websites)

Information sheet: Withdrawal from Benzodiazepines

Benzodiazepines (benzos) and benzo-like drugs (e.g. etizolam) have been showing up in the illicit drug supply, especially mixed with opioids. It's hard to know if benzos are in your drugs. A person who takes benzos (even unknowingly) for 3-4 weeks and stops suddenly will experience withdrawal symptoms. This BCCDC [information sheet](#) provides tips about withdrawal from benzos and benzo-like substances that can be serious and may need medical attention.

Resource: Overcoming Stigma through Language

Stigma is a significant barrier to wellness and good health for people who use substances. The goal of [this primer](#) is to facilitate conversations and increase awareness of the stigma that surrounds people who use substances, their support networks, and service providers in the community. Developed in partnership with the Community Addictions Peer Support Association.

Booklets: Be Wise – Cannabis and Older Adults

Be Wise, Cannabis and Older Adults is factual information about cannabis for older adults available in a wide variety of languages. Easy to understand, written in clear language, the *Be Wise* booklet is meant to help older adults make wise decisions about cannabis use. Visit the Active Aging Canada website to [order your free copy](#).

The Planner’s Playbook: A community centered approach to improving health & equity

Planning practices have played a central role in creating and perpetuating discrimination that has contributed to a growing divide in health equity, often along racial and economic lines. Although past planning practices have helped create inequities, planners today have the power to help solve them, promoting a just society in which every person can thrive and reach their full potential. [The Planner’s Playbook: A Community-Centered Approach to Improving Health & Equity](#) offers guidance, providing resources, concrete steps, and examples for planners who wish to center equity in their planning practice so that their communities promote opportunity and prosperity for all.

Report: Child in the City – Planning communities for children & their families

Child and family-friendly communities acknowledge that an environment that addresses the needs of children – who have limited independent mobility, experience, and autonomy – is one that is friendlier and more accessible to people of all ages and abilities. This [toolkit](#) was developed collaboratively, with voluntary input from local governments, non-profit housing organizations, architects, urban designers, urban planners, developers, real estate specialists, researchers, and educators from BC.

Video Series: Climate resilience and asset management

Understanding and adapting to the impacts of climate change on municipal infrastructure and service delivery requires a dedicated approach and strong leadership. The Federation of Canadian Municipalities created this video series to share how municipalities and practitioners across Canada are making climate action a part of their municipal asset management practices and decision-making. Just starting to uncover how climate impacts your municipalities operations? These [three short videos](#) are for municipal elected officials and municipal practitioners alike and will help you learn what to consider before you act.

Surveys & Research Studies

BCCDC Study: Knowledge of the Good Samaritan Drug Overdose Act

Seconds matter when someone is overdosing. The first step in responding to an overdose is calling 9-1-1. But when grappling with the fear of being arrested, the choice to call 9-1-1 for help may not feel so straightforward. Studies have found that people at an overdose event often hesitate or avoid calling emergency medical services due to concerns of police presence. The [Good Samaritan Overdose Act](#) (GSDOA) provides some legal protection for individuals who seek emergency help during an overdose. It is unclear if the GSDOA has been fully implemented by police officers and whether it has changed the attitudes and behaviors of bystanders and the police. [This report](#) describes the perspectives of police officers which is one component of a larger study.

Report: Open call to contribute to Resilient Pathways 2022

Deadline: May 15, 2021

Local governments are invited, as part of an [open call](#), to contribute to the BC Resilience Pathways Report. Led by National Resources Canada, this report is intended to provide a comprehensive collection of articles from organizations and individuals active in resilience planning in BC. Interested local governments have until May 15 to deliver short a submission.

Events and Learning Opportunities

Webinar: Building Healthier Communities

Date: May 6, 2021

Healthy community initiatives have been multiplying in forward-thinking communities all over the world. Join Dr. Karen Lee, and international expert in the field, for a guided exploration of how multisector partners and professionals working in health, planning, transportation, housing, economic development, and recreation, among others, are instrumental in creating health and wellbeing. Other co-beneficial outcomes for the environment, accessibility, and local economy for our communities through such initiatives will also be discussed. [Learn more and register with Eventbrite](#).

Train the trainer session: DUDES Club Society

Dates: May 5, May 8 & May 12, 2021

The DUDES Club Society provides a range of administrative support and resources to various DUDES Clubs and Men's Gatherings. They are offering a series of "train the trainer" sessions open to all who are interested in learning more about the Brick & Mortar process to starting a Men's Gathering. The DUDES Club is a proven model for Indigenous men's wellness promotion that builds solidarity and brotherhood, enabling

men to regain a sense of pride and purpose in life. It was established in the Vancouver Downtown Eastside in 2010, and since then clubs have been set up in communities across British Columbia. To register for a session, [visit the DUDES Club webpage](#).

Webinar: Weed Out the Risk Facilitator Training

Dates: May 5 & May 20, 2021

Weed Out the Risk is an interactive, harm reduction based, educational program that uses videos, games, and interactive discussion to challenge the myths and misconceptions that many youths have about driving high, or being a passenger in a high driver's vehicle, in a non-judgmental and engaging manner. This webinar, offered on two different dates: [May 5th](#) and [May 20th](#), 2021, will review important concepts when facilitating a Weed Out the Risk workshop both in person and remotely.

Event: ParticipACTION Community Better Challenge

Date: June 1–30, 2021

Participate in the [ParticipACTION Community Better challenge](#) this June to get moving, connect with others, and help your community. One community will earn the top prize of \$100,000 and title of being Canada's most active; prizes will also go to the most active community in each province/territory. Track physical activity minutes on the ParticipACTION app or website to help your community win!

Symposium: Canadian Rural and Remote Housing and Homeless

Date: June 1–3, 2021

The Rural Development Network and the Rural Ontario Institute are taking things virtual for the second Canadian Rural and Remote Housing and Homelessness Symposium. Expect a unique program with over 30 concurrent workshops and panel sessions, and renowned keynote speakers. Every registration ticket includes access to all conference sessions, the virtual exhibition hall, the welcoming and closing ceremonies, and networking sessions. [Registration](#) is now open.

Funding Opportunities

Local Government Development Approvals Grant

Deadline: May 7, 2021

The development approvals process refers to all operational steps and decision making in relation to a local government's consideration of approving development, from the pre-application phase to the issuance of the building permit. The intent of the [Local Government Development Approvals Program](#) is to support the implementation of

established best practices and to test innovative approaches to improve development approvals processes while meeting local government planning and policy objectives.

PlanH Grants

Deadline: June 1, 2021

The PlanH Healthy Communities grant program supports Indigenous and local governments in B.C. as they work with health authorities and other partners to collectively create conditions that enable healthy people and healthy places. For 2021, one of the PlanH Healthy Communities grant program is offering two program streams: [Community Connectedness](#) (20 grants of \$5 000) and [Healthy Public Policy](#) (10 grants of \$15 000).

Indigenous Agriculture and Food Systems Initiative

Deadline: September 30, 2021

The objective of [this initiative](#) is to increase economic development opportunities of Indigenous Peoples and communities in Canada by supporting Indigenous communities and entrepreneurs who are ready to launch agriculture and food systems projects, and others who want to build their capacity to participate in the Canadian agriculture and agri-food sector.

First Nations Adapt Program

No deadline at this time

This [federal program](#) supports First Nations communities to assess and respond to climate change impacts on community infrastructure and emergency management. It prioritizes communities most impacted by sea level rise, flooding, forest fires, and winter road failures. Applications are reviewed on an ongoing basis.

Northern Health Stories

Supporting the COVID-19 vaccination – A nurse practitioner’s story

Beth Berlin, a Northern Health Nurse Practitioner (NP), has been supporting the COVID-19 vaccine response in Burns Lake and the surrounding communities. Here, she answers some questions about her experience... [continue reading](#)

Food: Connecting family, community, and culture in Haida Gwaii

March is [Nutrition Month](#). Each year I think about how to include campaign messages into my work as a dietitian. Often, it’s a bit of a stretch! This year’s theme recognizes how important culture and food traditions are to defining healthy eating. As a white

settler/uninvited guest who has worked for the past 15 years on the traditional and unceded lands of the Haida people, I understand that acknowledging, respecting, and supporting local food practices is key to health and wellness... [continue reading](#)

What does Orange Shirt day mean to you – t-shirt decorating challenge winners

In honour of the annual [Orange Shirt Day](#), First Nations Health Authority (FNHA) and NH Indigenous Health partnered to host a [t-shirt decorating challenge](#) in Fall 2020. The challenge involved decorating a t-shirt to show what Orange Shirt Day means to you. We received submissions from across the North and here are the three winners... [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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