*Caring for Ourselves*

**ACYC Meeting Minutes  
October 22, 2020 @ 1PM-3PM**

**Virtually via Microsoft Teams**

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| ***Settling-In Time*** | Anastasia | Time to adjust mics, cameras, introduce yourself and ask for any tech support |
| **Acknowledgement of unceded territory** | Eric | Grounding and welcome |
| **Mindfulness Speakers (30min)** | Leslie Carter and Ron Plowright | **Mindfulness Communities**   * Leslie and Rob lead the committee through a meditation exercise and the importance of integrating mindfulness teachings in the workplace and learning environments. |
| **CYC Theme Discussion** | All | **Theme suggested**: Well-being and overall health of service providers  **Theme approved**: “Self-Care” |
| **Round Table Update** | All | **Abbotsford Youth Commission**   * Almost all in-person service has transitioned to virtual (some small groups are held in-person) * Looking for staff ([careers page](https://www.abbyyouth.com/about-us/job-opportunities))   **Biker Against Child Abuse**   * Welcome BACA to the committee * Check them out online ([website](https://bacaworld.org/))   **Monarch House**   * Working with a hybrid model of in-person and virtual * 50/50 successful response of those coming in vs comfortable doing virtual * Demand for diagnostic for Autism is at a 2-3 month waitlist   **Family Smart**   * Collaborating on virtual classes on anxiety at Foundry * Next November will be on “Social Isolation” * Moved all workshops to virtual * Now starting to see parents in the community again   **City of Abbotsford**   * Systems Integrations (for all-ages). Applied for Provincial funding Public Safety with APD for Situation Table funding (youth and adults) * Initiative for high risk youth with specific needs (Global Safety Network may contact you to participate in the virtual workshop regarding this). * Designated community status for the next 4 years to respond to issues of vulnerability and homelessness * 1st wave of Covid Funding will go towards Food Access cards & community voicemail #’s for those whom don’t have access to voicemail for themselves * 2nd wave of Covid Funding: next engagement call will go out via Dena Kae Beno w/ a mental wellness focus * Mental Wellness check-in initiative (possibly will include CYC involvement) * HelpSeeker has been updated with Covid resources. It anonymously collects data on popular searches.   **University of the Fraser Valley**   * UFV campuses are open but everything is virtual and will continue for the next semester * Social Work department are still looking for practicums right now (200hrs) * Community Support practicum for January (350-400 hrs)   **Archway-Family Education & Family Connections**   * Fam Ed: Numbers are down but are doing hybrid classes and 1 class completely online * Fam Conn: most outreach service is done in-person with some virtual and phone calls   **Archway-Youth Resource Centre**   * YRC staff are feeling the fatigue but adjusting * Service continues in both virtual and in-person (high needs) * Observed difficulty holding youth’s attention and connecting since the pandemic * Autumn House moved into a beautiful new building * Sentinel is now called Willows and implementing a new program with the focus of reunification * Still working within the schools; youth are more engaged with consistent staff * “YES” program is running “What It Takes” shortly within the schools * “Street Outreach” is spending more time in the community speaking to the at-risk youth   **Foundry**   * Walk-in counselling is back. Appointment based counselling wasn’t getting the same engagement and follow-through. Some same-day service for those whom want to do online * Client service numbers were rising since September * Family Peer support worker available to caregivers and parents   **Literacy Matters**   * Learn about session in the fall with Abby community policy * Nov. 17th on Covid Questions * Fostering Literacy in mid November (virtual) * Working with libraries for reading buddies program (virtual) * Community Reading is encouraging families to read together in January campaign * [Program link](https://sites.google.com/literacymattersabbotsford.com/literacymatters/programs?authuser=0)   **MCFD**   * A negative impact is the drop of calls since March into our office regarding children in need of protection when we know the numbers are rising * Provincial Strategic Plan -highlight- focus on transitioning youth through to adulthood (AYA helps with that) * Making every effort to bring more workers in office and meeting clients in creative ways (i.e. folding chair sign-out to meet in outdoor spaces) |
| **Next Meeting Dates** |  | **Nov. 19th**  **Jan. 07th**  **Feb. 25th**  **Apr. 29th**  **Jun. 17th**  Find dates/agendas/minutes on our website:[**link**](https://www.abbotsfordchildandyouth.ca/acyc/our-meetings) |
|  |  | **\**Please note information may have changed since the date this meeting took place. Please see agency websites for most current information.*** |