

Meetings: Tuesday 12 Noon, Virtual Meeting

President: Clint Callison Phone: 604-460-3650
 Secretary: Brenda Jenkins Phone: 604-816-6961
 Editor: Peter Boekhorst Phone: 604-465-3392

[E-mail the President](#)
[E-mail the Secretary](#)
[E-mail the Editor](#)



APRIL IS MATERNAL AND CHILD HEALTH MONTH

Happy Birthday	Happy Anniversary
	Apr 21: Buzz & Karin Bezuidenhout

UPCOMING SPEAKERS:

Apr 20: Fraser River Surgeon	Apr 27: Dr. Frank Ervin Quality Improvement in Health Care	May 4:
------------------------------	---	--------

OUR CLUB LAST WEEK'S MEETING:

President **Clinton Callison** presided

Program: Alicia Erenli: Foundry RidgeMeadows



About Alicia Erenli: Alicia is the lead supervisor at the Foundry. She began her journey as the site coordinator at our community's grassroots initiative, the Youth Wellness Center before the program transitioned to the Foundry. She lives in Maple Ridge and has two teenage daughters and a partner and feels blessed to be able to support the young people and their families in the community. Alicia has completed her master's degree in counselling this past summer and is excited to continue building her skills and sharing her experience with an added clinical capacity.

About Foundry RidgeMeadows:

Foundrybc.ca is powered by BC Children's Hospital. Foundry is a province wide initiative supported by the Government of British Columbia, Graham Boeckh Foundation, Michael Smith Foundation for Health Research, Providence Health Care and St. Paul's Foundation.

Foundry RidgeMeadows is part of Community Services (Maple Ridge & Pitt Meadows), an accredited, multi-service charity dedicated to providing quality programs and services to Maple Ridge & Pitt Meadows since 1971.

Alicia's Presentation:



My name is Alicia Erenli and I am the site lead at our Foundry Ridge Meadows.

Provincial Network of Integrated Health and Social Service Centres

Supporting Young People 12-24 with Mild to Moderate Mental Health and Substance Use Concerns as well as their Families

You're a phone call away from accessing our services (* Referral for Psychiatry)



We are a provincial network of integrated health and social service centers. There are Foundry centers in North Shore, Prince George and nine other locations. There are eight more planned and being built out now. The mission is to support young people and their families. We provide a space where they can actively access services when they need them.

We support people 12 to 24, actually up to their 25th birthday, with mild to moderate mental health and substance use concerns as well as their families or caregivers. We say caregivers because some people do not see or have family in the traditional way that we might recognize.

We are striving to reduce or eliminate the anxiety and fear around accessing services. Asking for help can be one of the most difficult things. Wondering where to go or getting the run around from "The system" can be a huge barrier and we are working hard to remove all the real or imagined barriers to getting help.

We offer a variety of services and all of them, except very specialized things like psychiatry, are self referral. During non COVID restricted conditions you could just walk in the door, today you can call and say "Hey, I am trying to access some support and I don't really know what that looks like right now" which starts the conversation about what next steps might be.

Mental / Physical Health Support, Substance Use Support, Youth and Family Peer Supports, Therapeutic Recreation, Psychiatry & Social Services

Working collaboratively with community partners to build relationships & ensure communication and connection

Accessing services in the moment when it's needed



What We're Seeing

Integrated practice with community partners = Ability to support the spectrum of mental health concerns presenting at our center

- Depression & Anxiety
- ADHD & Academic Challenges
- Sexual Health Concerns/Barriers (birth control)
- Disordered Eating
- Autism/Neurological Challenges (FASD)
- Transgender Youth -Trans care/ Resources
- Substance use
- Safety Concerns (Self harm, suicide, household/relationship discord)
- PTSD
- Isolation and its effects



We have mental and physical health supports, including GPs, nurse practitioners, nurses, sexual health specialists, youth and family peer supports. Peer supports are caregivers and young people who have lived experience and are able to have those beginning conversations around how to navigate the system. This method really helps lower the barriers and anxiety around getting help.

Therapeutic recreation comes in the form of "Socials" created by a staff member as a way to do something fun and have an opportunity to connect with people. Feedback from the young people was that they disliked the term "groups" and wanted the name to represent what they are doing which includes learning social skills and actively being social together. There are cooking classes, embroidery classes, hikes, gardening, and art therapy. One of the most popular things we are doing is Anime night. We had to add three or four more of these a month to keep up with the demand.

Working collaboratively with our community partners, we really would not be able to do any of this without our community support.

We recognize that there will always be waitlists for services but if we can create some space to be able to just have a conversation or identify a safe space or just acknowledge that something is happening for people in the moment that is better than just putting them on hold or telling them to come back in four weeks.

Foundry & Covid-19

Agency & Program specific procedures were developed

Following guidelines to ensure health and safety of staff and clients

Offering services virtually and through telehealth with positive feedback!

Offering appointment based on site support - while practicing all safety precautions and measures



The Foundry officially opened in March 2020 and in the same week they were instructed to go virtual!

Alicia is incredibly proud of the resilience of her team and their ability to provide ongoing services with minimal to no disruption.

They have modified almost everything to be by remote. Socials are still happening but with very limited "bodies on site". Materials are prepared in advance and distributed to the participants to use in their own space. There have been many lessons learned and insights gained throughout the process that would have never taken place without the challenges of following a COVID protocol. Who knew packing sand and rocks for an off site social could create such a happy mess?

Just because something has to be done virtually does not mean it can not be done!

With the PHO imposed restrictions the center is seeing a huge increase in depression and anxiety, ADHD and academic challenges. There has been an increase in the number of young ladies coming in and wanting to talk about how to keep themselves safe in intimate situations. There has also been an increase in the number of young men seeking help around disordered eating.

Ineke asked if they are serving just Maple Ridge and Pitt Meadows or are they regional and how are they funded?

Alicia explained that they are funded in a few different ways including some provincial funding for operations but the programming really comes from donations and grants. The majority of the people they serve are from Maple Ridge and Pitt Meadows but they do see people from the surrounding areas right now. More Foundry sites are planned but the concept is to serve the people who come for help regardless and not turn people away. They help people who come from farther away to identify the resources in their area.

Matt said he is aware of many teachers who have children in their classrooms who, in their view, definitely need help, so what can happen between that observation and having the child end up at Foundry?

Alicia explained that Foundry works closely with the school district and there are new initiatives involving integrated child and youth teams to help address this.

Foundry has weekly regular meetings with the school district representative where issues such as you have described can be brought up.

Matt asks if that can happen without contact with the parents.

Alicia answered with yes and no. Every case is different. We talk about consent and we talk about minor consent and confidentiality. We have a fantastic clinical team who are able to have those conversations and really determine if the young person understands what's happening for them because the team understands that talking about mental health and talking about substance use can be a really challenging thing and not everyone understands that. We have had conversations where the youth has said "my parents don't think there is anything wrong with me" but there is something going on and they need some support. People asking for help will not be turned away and the goal is to have the family, however the family is defined, involved but there are steps toward that to create a circle of care around the individual.

Matt: Aside from money, how can we as a Rotary club help you?

Alicia: Keep connecting with us!

Roger: You mentioned academic support, do you employ academic tutors? And how does one become a volunteer tutor?

Alicia: The academic tutoring program development has been slowed by COVID. Right now we still need to keep the number of people in the building at almost zero. We are also looking to partner with the school district to avoid recreating the wheel. Tune in later for more on this.

Ineke: Our Rotary club did support the organization when it was getting started as the Youth Wellness Center and we sponsored a snack area in your building and I wondered if one of the pictures that you showed today is showing the snack area?

Alicia gave us a short video tour that included the plaque on the wall and the snack area. She is really looking forward to it being full of good things to eat really soon. Before the mandated closure of this type of thing they had even started offering hot snacks that could be heated in the microwave.

It is a "No questions asked space" if you need some hot food or a drink or a snack just take what you need to eat and no one will demand an explanation.

Lynda: Are all the pictures in the slides taken at the Ridge Meadows location?

Alicia: Yes absolutely.

Clint asked if the schools automatically contact Foundry when they become aware of mental health issues in the classroom.

Alicia: I wouldn't say they would automatically call. The teacher or support worker would have a conversation with the young person about what is going on for them and what resources might be available for them and then often Foundry could be the starting point for the student. An issue like self harming has been around forever but it is coming to light a bit more right now. Foundry is looking into doing a workshop on the topic for caregivers.

Anniversaries and Birthdays:

Clint congratulated **Dave** and Kathy **Rempel** on the anniversary of April 14, 1990 their wedding day. Dave was not sure who Kathy is but is happy to be celebrating his 31st wedding anniversary with **Sharon Kincaid!**

Announcements from Committee Chairs and members:

Dave Rempel regarding the **WineFest** - there is a committee meeting tomorrow and also a reminder that each member needs to contribute a bottle of wine. All of the proceeds from the WineFest come into our club as funds to distribute to help worthy causes in our community who do not qualify for gaming funds. Tickets are going well for the dinners, great dinners with WINE! If you are available to help drive, please contact **Debbie McRae**.

Dave also hinted about a "Beard Shaving" auction item suggested by **Libby**, but at this point that is merely a rumour. **Clint** added that historically we have asked that each member personally sell two tickets. He added that this is one of only two major fundraisers we run each year and everyone's participation matters.

Libby Nelson wants to encourage everyone to email all their contacts regarding purchasing **Duck Race** tickets. She sent out a sample message that you are welcome to edit and use with your friends and family. There are only 8 weeks before the numbers are drawn so if we contact people a couple of times with reminders it will not be too much. **Clint** asks that each of us be responsible for at least one book of tickets (10 tickets). If you can encourage or be

personally responsible for financing one book that would be fantastic. **Libby** added that we are looking for a minimum of \$100.00 from each member.

Ineke Boekhorst mentioned that we will have a silent Auction for the **WineFest** which will be online starting at the end of this week. Also if people had purchased a WineFest ticket last year 2020 (the event was not held) and did not request a refund the ticket will be honoured for entry to the 2021 event. **Debbie M** and **Lynda** are handling any arrangements necessary for that.

Libby Nelson wants to remind everyone that the Executive meeting is next week on the 20th.

Happy and Sad:

Matt DeBruyn had five happy dollars - we have six great applications for our bursaries with more to come from the school district

Sharon Kyle planted her vegetable garden and has peas, beans, carrots and radishes all up and growing - wants to give four happy dollars

Roger Powley had five sad dollars to honour the passing of Prince Philip. Roger had personal stories about his experiences working with him which he shared with us during the meeting. If you would like to hear these charming stories ask Roger and know that we would love to have you attend our meetings so you can listen first hand!

Matt DeBruyn added another happy dollar because he was happy to see **Ken Holland** attending our meeting. Ken explained that he has a standing appointment on Tuesdays at Noon but he is really happy to attend today.

Finemistress:

Ineke Boekhorst imposed a one dollar fine on anyone who has not donated a bottle of wine or e transferred \$20.00 to her for the **WineFest**.

Beautiful weather outside....did you take your snow tires off? If you have not taken off your winter tires PAY a Dollar!

Have you planted anything yet? Or have you started your yard work yet? - no yard work costs a dollar!

If you committed to donate a silent auction item for the WineFest and have not yet delivered it to Ineke, PAY a dollar, and please bring the item right away. The items will be photographed Wednesday and online by the end of the week.

Clint's closing quote:



Submitted by Deborah Hyslop