



Communities Funded from Round Two of the Healthy Communities Capacity Building Fund

Stream One: Learn and Connect

| Community Name | Title of Project | Project Summary |
|--|---|---|
| Burnaby | Focus on Burnaby - Well Into the Future | Organize a series of nine focus groups with relevant stakeholders in the areas of Mental Health and Physical Activity and Literacy and provide results to Healthier Community Partnership members to inform future priority actions. |
| Capital Regional District & Partner Municipalities | Team H - Healthy Kids R Us | The development of a cross jurisdictional team with a focus on enhancing the health and well-being of children and youth in the capital region by inviting new potential partners to move beyond existing relationships to a comprehensive regional approach. |
| Cariboo Regional District | South & Central Cariboo Mental Health Services Gap Analysis | The Cariboo Regional District, together with community partners, will hire a researcher to complete an analysis of mental health services currently offered within the South & Central Cariboo region, and identify any gaps in these services. The researcher will identify ways that providers of mental health services and healthy living programs can collaborate to increase the overall mental and physical health of rural residents. |
| Castlegar | Healthy Food & Gardening Community of Practice Forum | The City of Castlegar proposes to engage Blueberry Creek Community School Council to convene an educational and capacity building forum consisting of local health care, educational, youth, seniors, and gardening/food production professionals and experts as well as local municipal, provincial and federal electives. The goal is to establish a strong community of practice in Castlegar to guide, influence and maximize healthy food and nutrition initiatives and resources within the City. |
| Comox | Comox Valley Active Travel to School program | To build on and continue the success from 2013/14 Active Travel to School initiative in the Comox Valley several key activities must occur between May 2014 and June 2015. Active Travel to School programs are an effective way to address concerns about student inactivity, traffic safety and congestion. Through education, special events and infrastructure upgrades multi-level stakeholders participate in building capacity for children to journey to and from school safely and actively thus contributing to a healthy community plan. |

| Community Name | Title of Project | Project Summary |
|---------------------------------|--|--|
| Courtenay | Comox Valley's Food Strategy: Creating a Collective Impact | Spring boarding from the Silos to Systems workshop (that will be held in the Valley, hosted by the City of Courtenay, on April 9) where objectives for a food strategy process will be identified, a planning process will be implemented to create a Comox Valley Food Strategy and Community Gardens Guidelines. A demonstration community garden will also be strengthened, highlighting the tangible collaborative efforts of partner food, community and neighbourhood organizations and local government. |
| Creston | Cultivating Creston - Action Planning (Round 2) | Design, plan, coordinate and facilitate 4 rounds of continued community action planning workshops - expanding on "Cultivating Creston", Creston's Integrated Community Sustainability Plan, which was completed in 2012/13. The main focus areas will be: - Community Wide Actions (including social, environmental and economic systems) - Food and Food Security - Age-Friendliness of the Community - Economy (healthy economy helps support and sustain all other areas). The recommended actions brought out of the workshops will then be compiled and refined into a comprehensive action plan for implementation by the town and community partners. |
| Esquimalt | Healthy Housing Forum | Host a one day forum for local government staff, community organizations, and developers to learn, build capacity and collaborate on developing a framework for a healthy housing strategy. |
| Fraser Valley Regional District | Park Visioning Sessions | With this funding the FVRD will plan and facilitate two park visioning sessions with multiple stakeholder involvement to identify the vision of the park as a foundation for creating a park management plan to guide park development in the future. |
| Gibsons | My Health, My Community - Community Dialogue Series | The Town of Gibsons, together with the Sunshine Coast Community Foundation, VOICE on the Coast and the Medical Health Officer (MHO), Dr. Paul Martiquet for the Vancouver Coastal Health-Sunshine Coast area will engage diverse community partners and the public in a conversation about health and wellness. Through the opportunity presented by the Healthy Communities Capacity Building Fund, this initiative will identify priority actions for improving the health and well-being of residents in the region. |

| Community Name | Title of Project | Project Summary |
|-------------------------|--|---|
| Grand Forks | Vital Signs 2014 - Collaborative Community Engagement Process | This community engagement process will utilize town hall meetings, youth forums and a community grading survey to engage citizens in identifying priorities for community health and wellness. Bringing together citizens and partners from across sectors will help City Councillors learn about the conditions that support health and well-being, and deepen the development of healthy community partnerships across sectors. |
| Houston | Health and Wellness Charter | To bring together a new dynamic of decision makers to collaborate and develop a Health and Wellness Charter for the community. The charter will prescribe new engagement methodologies, key health indicators, and a phased development plan and objectives to move projects forward which focus on the health and well-being of residents and the community. |
| Kamloops | Urban Agriculture and Food Systems Strategy - Plan Development Process | The City of Kamloops is developing an Urban Agriculture and Food Systems Strategy. Funds would be used to hold a community forum on the local food system and food security challenges, barriers, gaps, strengths and opportunities in Kamloops. Additional funds would be used for targeted engagement sessions with priority populations. |
| Kwikwetlem First Nation | Community Wellness | Bring together stakeholders in health and members of Kwikwetlem First Nation for a learning event that will educate community members on creating personal and community wellness plans that include physical, spiritual, mental and cultural components. Coordinate an additional workshop to write and the wellness plans, and create a sustainable plan for follow-up and support. |
| Lake Country | Lake Country Community Needs Assessment | Organize focus groups to assess the health and social needs of citizens in Lake Country; in addition to hosting an on-line survey of the community. This information will also assist us with a list of current resources that are available to residents. The needs assessment will enable us to focus on areas of shortcomings by bringing these to the attention of our elected officials. |



| Community Name | Title of Project | Project Summary |
|------------------------------------|---|---|
| Merritt | Merritt Integration Project - Community Planning | The Merritt Integration Project will be hosting a 1-2 day off-site workshop with a professional facilitator. The MIP will be discussing the barriers experienced in our community and working towards goals to reduce these identified barriers. The MIP will be developing a 3-year vision plan for the community where we will see an increase in families living healthy, enriched lives with limited barriers to achieve success. |
| Mount Waddington Regional District | An Exploration of Strategies to Develop Supported Housing | The purpose of this project is to engage with a wide range of community members to discuss and explore ways supported housing might be developed in the Port Hardy area. This will be done through the development, implementation and evaluation of a communications strategy. |
| Nak'azdli | Nak'azdli Partnership for Prevention Awareness Week | Promoting a collaborative action to address local conditions that influence the health and well-being of the Nak'azdli First Nation, the Nak'azdli Partnership for Prevention Awareness Week seeks to promote community wellness while offering professional personal and community development training through the weeklong awareness week. |
| Nelson | Food Security Asset Mapping and Needs & Gaps Analysis | Develop a comprehensive understanding of the City of Nelson's food system and food security issues through engagement with key community players. Create an inventory of community assets which support food security, and identify gaps in the system, in order to determine local priorities and inform strategic planning, resource allocation and policy development. |
| New Hazelton | A Coordinated Approach to Safe and Secure Housing | We will organize a learning/planning forum for local government and stakeholders about a coordinated approach to safe and secure housing in our community. |
| New Westminster | Health is Everyone's Business | The project would be to host two workplace wellness events and to develop a communications campaign and resources materials with the New Westminster Chamber of Commerce and the Downtown New Westminster Business Improvement Association. Together, these two associations have a combined membership of over 600 businesses/employers. |

| Community Name | Title of Project | Project Summary |
|--------------------------|--|--|
| North Vancouver | Inter-municipal Learning Event: Active School Travel 101 | Organize a day-long learning event for the District of West Vancouver, the City of North Vancouver, and the District of North Vancouver. The goal of the event will be to foster a shared understanding across sectors, of the value and potential of active school travel, and to identify how each stakeholder (staff or community members) could help to facilitate and grow active school travel through existing jobs and mandates within available resources and networks. |
| Penticton and Summerland | Building healthier community through biking | Facilitate a planning process to set priorities and action plans for increasing the local citizens participation in physical fitness and in particular in biking. Capture ideas and make defined action plans to increase trail usage. Engage neighbouring regions such as OK Falls and Summerland to participate in the process. |
| Prince George | Community Services Master Plan Communication Strategy | The City of Prince George is developing a Community Services Master Plan through a number of phases, a council priority for 2014. The City of Prince George, in collaboration with key stakeholders, will implement a communication strategy to encourage and support health and wellness. |
| Seabird Island Band | Working towards security for Elders | Bringing service organizations, and Elders, together to problem-solve Elder security issues including food, housing, financial, and emotional security. |
| Sicamous | Informed Planning for a Healthy Community | Host and conduct sector engagement activities to inform planning and support the development of a community scan document. Deliver scan. Host a Community Forum to discuss scan results and plan responses to the health and social factors that will impact our community's health in the coming years. |
| Slocan | Village of Slocan Healthy Community | To collaboratively organize and host two community learning events that engage multiple stakeholders to develop partnerships across sectors with the intent to learn about initiatives that will help support health and well-being, identify and plan for local health priorities that local government can support for on-going opportunities, and leadership within the community for health and well-being initiatives. |
| Snaw-naw-as First Nation | Culture: Our Foods, Our Harvest, Our Health | Organize a learning event and a follow up/planning event to form relationships and partnerships that will contribute to achieving the goal of increasing indigenous food knowledge, access, and increased food sustainability in the Snaw-naw-as community |

| Community Name | Title of Project | Project Summary |
|-------------------------------------|--|---|
| Squamish | Squamish Learning Lab - Tools for a Health Lens in OCP | Develop local content and information through cross-sector (municipal and health) research, collaboration and analysis of tools for health lens to inform land use policy and planning. This will occur through staff-level learning events and table top learning exercises. - Organize opportunities to expand awareness about healthy built environment issues and partnership opportunities with District of Council and the community. |
| Squamish Nation | Partnering Learning Series | Organize a series of two learning events for the local Mayor and Municipality representatives, and key leaders in health and wellbeing in our territory to spend time with Squamish Nation Chief, Council, elders and knowledge-keepers to share knowledge and learning on the following: Event 1) Our traditional territory, our Nation organization and services we provide for community members and to share knowledge on the environmental resources in our territories that we have available for health and wellbeing including our lakes, rivers, mountains, forests and traditional walking trails to identify opportunities for protection for sustainable use in the health and wellbeing journey. Event 2) Work together as a first step toward developing a Community Wellness Plan that includes taking (and teaching) youth (First Nations and non-First Nations) hiking and hunting and fishing (and protecting fish and good resources); growth and sustainability of traditional medicinal plants and trees; and teaching youth and adults to use the river and ocean for wellness purposes safely. |
| Squamish-Lillooet Regional District | Thriving community partnerships for healthy aging | The Squamish-Lillooet Regional District (SLRD) will work with the Lillooet Hospice Society to organize a forum to explore the challenges of supporting healthy aging for seniors in Lillooet. Primary objectives of the forum will be to facilitate connections, strengthen partnerships and improve communication among stakeholders. Through the forum we will identify the current challenges facing seniors, including housing, transportation, coordination of services, etc., and we will explore emerging solutions. |

| Community Name | Title of Project | Project Summary |
|-----------------------------|--|--|
| Sto:Lo Nation | Starting the Conversation: Violence, Bullying, and Abuse | Organize and facilitate 3 "Violence, Bullying and Abuse Prevention" forums in Sto:Lo Traditional Territory open to service providers, community members, hub representatives, parent advisory committees, youth and Elder groups with a goal of partnership development between sectors and collaborative priority setting in addressing these issues in our community. Two forums will take place in Chilliwack and one in Mission. |
| Tofino | Community Input for Regional Health Data Collection | In collaboration with the District of Ucluelet, the Tla-o-qui-aht First Nation, the Yuulu?il?ath First Nation, Island Health, and the Clayoquot Biosphere Trust, design and deliver a regional survey that will feed into the region's multi-community indicators and monitoring project and provide information for improved decision making for each of the participating communities. |
| Toquaht Nation | Toquaht Nation Health Planning - Building a Healthy Future | The Toquaht Nation would like to complete health/wellness priority setting exercises with Toquaht citizens to develop a Health Plan, and use the information collected to feed into plan development for a Community Health Building in our remote community. |
| Treaty 8 Tribal Association | Treaty 8 Elders and Youth Council | Bring together Elders and youth from each of the Treaty 8 First Nations to develop a collective vision and recommendations for proactively improving the health and wellbeing of their communities in collaboration with Treaty 8 community leaders, Northern Health Authority, First Nations Health Authority - Health Hub, school districts, and the RCMP. |
| Vancouver | Integrated Leadership for a Healthy Vancouver | Convene 3 sessions of the Healthy City for All Leadership Table (HCFALT) - a cross-sectoral, multidisciplinary table of external leaders in Vancouver working to advance the vision of a healthy city for all. |
| Wells | Wells Wellness Plan | Create a long-term community wellness strategy for Wells through discussions and collaboration between community groups and with health professionals and Northern Health. |



Stream Two: Innovate

| Community Name | Title of Project | Project Summary |
|--------------------|---|--|
| Mission | Collaborative Youth Health Practices Initiative (CYHPI) | <p>With over 20 partners from across multiple sectors, CYHPI starts with the knowledge of the gaps in youth services in Mission, including, most acutely:</p> <ul style="list-style-type: none"> -confidential youth-friendly primary care health services -services for youth who are homeless/couch surfing -meaningful, pro-social, supervised youth engagement activities especially for low-income and minority/marginalized youth -access to nutritious food <p>CYHPI will tackle all of these issues concurrently, by developing a youth-adult partnership initiative aimed at moving toward sustainable programs to address these gaps, while:</p> <ul style="list-style-type: none"> -Strengthening and expanding health-promoting and preventative social connectedness to offset or replace detrimental influences -Building skills, capacity and supportive environments that encourage adjustment of self-concepts that may be causing youth to identify with these detrimental agents or deficits - moving from socially-assigned identities (based on disadvantages) to self-assigned preferred identities (based on personal strengths and capabilities) -Providing a range of mechanisms, roles and responsibilities (especially the opportunity and responsibility to diffuse leadership throughout the cohort of CYHPI participants - adults and youth alike) that support the development of a sense of self-efficacy (gaining more control over the decisions that affect their lives) and reduce fatalism (creating opportunities to discover a more positive outlook for the future) |
| Sumas First Nation | Trauma Informed Practice - Walking the Talk | <p>We propose to build on the work done with last years stream one grant by implementing the best practices outlined in the "Trauma Informed Toolkit" [Klinik Health Centre]. Implemented properly, Trauma Informed Practice [TIP] becomes the lens through which every interaction of the organization is filtered. We will make training available for all staff, with a particular emphasis on front line programs and Health department staff. This training will be two-pronged; it will enhance our ability to approach our work with mindful empathy and create a supportive, safe environment for community members, agencies and staff. Additionally, we will provide training in self-compassion. In order to effectively 'walk our talk' we must be able to model the healthy self forgiveness which TIP teaches is a cornerstone of healing.</p> |

| | | |
|---|--|---|
| | | <p>Finally, we will offer a series of community workshops on Historical and Inter-generational Trauma. Counsellors will be in attendance to assist with any issues that are brought up during the discussion. The community has asked for this, and it will form a foundation from which we can work together to address deep rooted trauma issues within the community and build towards a truly Healthy Community.</p> |
| <p>Columbia Shuswap Regional District</p> | <p>Supporting the regional activities of "Moving Forward Together" action planning</p> | <p>The purpose of the activities we will undertake is to bring together existing working groups in our region in the areas we have identified as being essential to the development of a healthy Shuswap region. Work is being identified, but not in all communities, and it will take a regional approach to create the equality of access that would be required for existing rural Shuswap communities. In order for these communities to be healthy and to continue to provide services for their residents which include access to identified services such as transportation, delivery of healthy and wellness programs, inclusion in local government planning and policies, education on cultural diversity and this population needs, activities need to be completed to insure that these communities remain sustainable. It would be our intention to bring the groups together in forum and workshop formats using community development techniques to help create and support the vision of maintaining healthy communities in the Shuswap region. MOUs and other forms of agreement and understanding will support the vision and allow them to engage in working on and supporting a regional plan of action.</p> |
| <p>Enderby and Splitsin Band</p> | <p>BC Healthy Communities Active Transportation Planning Process - Phase II</p> | <p>The overall purpose and scope of the activities involves initiating a collaborative process between the City of Enderby and Splitsin Band in order to develop an Implementation Strategy for active transportation projects which connect the two communities and span both jurisdictions. Implementing these active transportation projects will be direct implementation of the vision for an active transportation network which was identified through the initial BC Healthy Communities Active Transportation Planning Process - Phase I. This process will:</p> <ul style="list-style-type: none"> i) lay the foundation for implementing active transportation projects which improve connectivity between the two communities and thus improve local health and well-being; ii) ensure that projects which connect the two communities are integrated with the objectives, priorities and values of both communities, and those of priority populations; and iii) further strengthen the relationship between the City and the Band and identify additional points of partnership for strengthening health and well-being within the two communities |

| | | |
|--|---|---|
| <p>Nelson</p> | <p>Poverty Reduction Plan: The Pathway to Community and Economic Health</p> | <p>The City of Nelson (the City) has a strong vision and commitment for Nelson to be a great place to live, work and play. Promoting a healthy, vibrant, and inclusive community is at the core of this vision. Our commitment to work collaboratively on health promotion activities was affirmed in our partnership agreement with Interior Health dated December 2, 2013.</p> <p>Through this project, the City intends to partner with the Nelson Social Planning Action Network Society (SPAN) to lead the development of a multi-sectoral Poverty Reduction Plan for Nelson and area. This three-year plan will assist us in understanding the nature and scope of poverty in our community and will define strategies, actions, and policies needed for addressing the impacts of poverty on chronic disease rates, social inclusion, economic prosperity, and general community well-being. This proposal represents Year One of this three-year project.</p> |
| <p>Cowichan Valley Regional District</p> | <p>From Research to Action: Community-based Solutions</p> | <p>Our action phase. Identified community leads will come together to tackle the issues that have been identified in phase 1 and set priorities for action. They will work towards cross-sectoral, community based, collaborative solutions including intensive multi sectoral planning. Solutions may result in joint funding, collaborative programming, shared resources, policy development as well as more in depth research in target areas. Stream 2 funds will provide the capacity for joint planning in all outlying Cowichan Communities, expanded research in identified areas, seed funding for collaborative initiatives and enhanced GIS and Asset Mapping. Stream 2 will also include media and public awareness to encourage all citizens, organizations and government to take action in their health and wellbeing.</p> |
| <p>North Cowichan</p> | <p>A Cowichan Cultural Shift</p> | <p>The goals of this project are to increase Cowichan community member's level of belonging, inclusion, acceptance and safety by connecting people from across First Nations and Non First Nations cultures. A Cowichan Culture Shift focuses on uprooting the causes of issues and challenges that we face between our cultures, governments, and youth. This project includes holding a Community Culture Forum, developing a Cross Cultural Training Model and implementing workplace policies and commitments to establish a base from which we can build effective and long lasting healthy relationships.</p> <p>We will do this by increasing our collective knowledge of the past and its effects on the present; by building healthier and respectful relationships that recognize and value cultural knowledge; by</p> |

| | | |
|---------------------------|--|--|
| | | <p>developing joint priorities, training and agreed upon policies and practices. We will work to implement cross cultural training into policies in our workplaces, develop a certification program and support cross cultural community capacity building opportunities for our citizens.</p> <p>The guiding principles that will lead us are from the teachings and wisdom of the Elders who have come forward to work with us to develop and implement this project.</p> |
| Cariboo Regional District | Community Healthy Living Action Plan (Bouchie Lake & Parkland) | <p>The CRD and its partners will hire a qualified consultant to complete a Community Healthy Living Action Plan for the Bouchie Lake and Parkland communities in the North Cariboo. The Action Plan will provide steps for improving existing health services, creating new programs and/or health policies, and will recommend new partnerships and program funding models. The Action Plan will address health issues specific to rural communities, including: living in isolation, access to recreation and fitness programs, low income families, knowledge of healthy eating and access to healthy foods, and health resources for seniors. The process of developing this Action Plan will be unique. Rural communities do not have access to the same staff, funding and other resources as municipalities. Therefore, the Action Plan will be a grassroots document, incorporating the ideas and strategies voiced by residents and community stakeholders. This community discussion took place at four workshops held in March 2014 with Stream One funding. The ideas expressed at these workshops were incorporated into a "Community Snapshot" that will be used to develop the Action Plan. In addition, a steering committee of community volunteers will work alongside the consultant to ensure the Action Plan remains grassroots and addresses the issues and opportunities raised at the workshops. After the Action Plan is completed, some of the recommendations will be tested and evaluated by the consultant.</p> |
| Smithers | Newcomers Recreation and Healthy-Eating Accessibility Project | <p>The overall purpose of the project is to improve health and wellness among newcomers, especially new immigrants in Smithers who often struggle with language and culture barriers that inhibit them from accessing recreation opportunities and from understanding local healthy food choices. The project will involve collaboration between the Department of Recreation, Parks and Culture at the Town of Smithers, the Healthy Communities Committee at Northern Health, and the immigrant services and community learning programs at Smithers Community Services Association. Activities will include meetings with community organizations and</p> |

| | | |
|--|---|--|
| | | <p>meetings/activities with Smithers residents, especially newcomers. The information from these activities will be used to create/implement recreation programming that meets the needs of newcomers and programming that introduces newcomers to local healthy foods and cooking methods. Increased participation in recreation and increased understanding of local food systems will improve the health and well-being of Smithers residents. The project will serve as a template that could be used to focus on the health and well-being of other target populations, such as youth, First Nations, or seniors.</p> |
| <p>Metro Vancouver (GVRD)</p> | <p>Guidebook for Considering Health in Transportation and Community Development</p> | <p>This project aims to define a framework for Health Impact Assessment (HIA) and develop a guidebook to aid in the development of communities, infrastructure and transportation services by incorporating consideration of positive and negative health impacts (including air quality, physical activity, injury, etc.) into planning processes in Metro Vancouver and the Fraser Valley Regional District. This project will be guided by the "Reducing Exposure to Traffic Emissions" (RETE) Steering Committee which is composed of representatives from Metro Vancouver; TransLink; the BC Ministries of Environment, Transportation and Infrastructure, and Health; the Fraser Valley Regional District; Vancouver Coastal Health Authority; Fraser Health Authority; Health Canada; BC Lung Association; the Cities of Vancouver, Surrey, and New Westminster; and UBC School of Population and Public Health. A consultant will be retained to develop the guidebook in collaboration with the Steering Committee and other relevant stakeholders. The guidebook will include stepwise guidance on how to conduct HIAs, data sources, case studies and other resources that will assist practitioners to consider overall health implications of development and transportation-related programs, projects, policies and plans. Once finalized, the Steering Committee intends to promote the use of the guidebook to municipal, regional, provincial and federal authorities.</p> |
| <p>City of North Vancouver, District of North Vancouver and District of West Vancouver</p> | <p>Scaling Up North Shore Food Recovery</p> | <p>The North Shore Table Matters Network has been improving food security and enhancing the health of communities for those who live and/or work in the City of North Vancouver, the District of North Vancouver and the District of West Vancouver (the North Shore) since 2008.</p> <p>Our project will address community food security by developing food recovery partnerships between food retailers and community organizations. Through this project, Table Matters will scale up</p> |



| | | |
|--|--|--|
| | | <p>existing food recovery programs that divert edible food from the waste stream and make it available to community agencies that provide food for food insecure residents who are at-risk. Partnerships between food retailers and community agencies will be developed through a series of capacity building workshops, active mentorship by a food recovery expert, and a community engagement event.</p> <p>The purpose of our project is to:</p> <ul style="list-style-type: none">a) Build the capacity and willingness of the North Shore food retailers to divert food from the waste stream and redirect it to organizations that can support North Shore residents who are in need.b) Build the capacity of food recovery organizations to scale up food recovery and distribution for North Shore food retailers of various sizes.c) Build the capacity of North Shore non-profits and community organizations to include recovered food in their food programs (i.e. meal programs, community kitchens, etc.). |
|--|--|--|

For more information about the Healthy Communities Capacity Building Grants, contact [Krissi Spinoza](#) at 250 952 9177.